

Stuffed Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 1 cup fontina cubed
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 granny smith apples diced peeled
- ☐ 2 tablespoons olive oil
- ☐ 1.3 teaspoons pepper
- ☐ 9 inch center-cut pork loin chops

- ☐ 1.1 teaspoons salt
- ☐ 2 shallots finely chopped

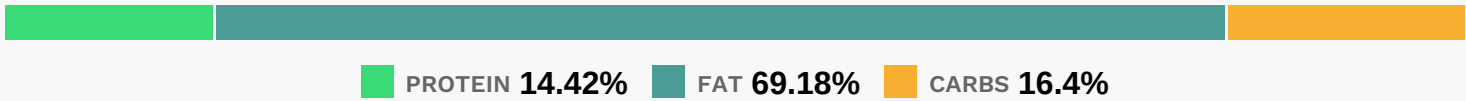
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut apples, shallots, and ginger in hot drippings 5 minutes or until tender.
- ☐ Remove from heat; stir in sage.
- ☐ Stir together apple mixture, bacon, and cheese in a bowl.
- ☐ Cut a horizontal slit through thickest portion of each pork chop, cutting to, but not through, other side to form a pocket.
- ☐ Sprinkle both sides and pocket of each pork chop with salt and pepper. Spoon apple mixture evenly into pockets, and secure with wooden picks.
- ☐ Cook pork chops, in 2 batches, in hot olive oil in a large skillet over medium-high heat 1 to 2 minutes on each side or until golden.
- ☐ Place pork chops in a lightly greased roasting pan or large shallow baking dish.
- ☐ Bake at 425 for 25 to 30 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.72, Inflammation Score:-3, Nutrition Score:10.418260911237%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 265.46kcal (13.27%), Fat: 20.69g (31.83%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 9.12g (3.31%), Sugar: 7.33g (8.14%), Cholesterol: 42.59mg (14.2%), Sodium: 761.48mg (33.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Copper: 3.08mg (154.02%), Calcium: 137.99mg (13.8%), Phosphorus: 129.51mg (12.95%), Selenium: 9µg (12.86%), Manganese: 0.21mg (10.39%), Vitamin B12: 0.5µg (8.33%), Vitamin B6: 0.16mg (8.06%), Zinc: 1.17mg (7.83%), Fiber: 1.92g (7.69%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.31mg (6.54%), Vitamin E: 0.95mg (6.34%), Vitamin B2: 0.09mg (5.27%), Vitamin K: 5.47µg (5.21%), Potassium: 179.38mg (5.13%), Vitamin A: 244.52IU (4.89%), Vitamin C: 3.52mg (4.26%), Magnesium: 14.42mg (3.6%), Vitamin B5: 0.31mg (3.14%), Iron: 0.52mg (2.9%), Vitamin D: 0.24µg (1.57%), Folate: 6.17µg (1.54%)