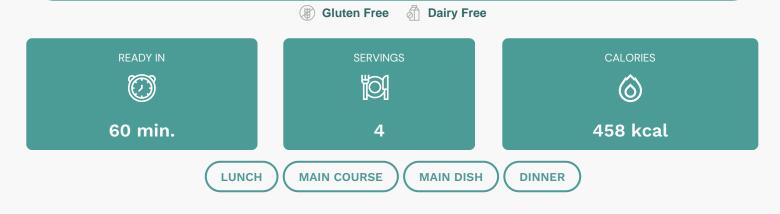


# **Stuffed Pork Chops with Cranberries**



## **Ingredients**

1 tablespoon brown sugar
4 cups chicken stock see
O.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
2 tablespoons cranberries dried
1 teaspoon ground cinnamon
0.5 teaspoon ground cloves
2 tablespoons olive oil
2 tablespoons pinenuts toasted

	4 pork chops ()
	0.3 cup red wine
	4 servings salt and pepper black to taste
	2 cups water boiling
	0.3 cup wine
Eq	uipment
	food processor
	frying pan
	oven
	kitchen thermometer
Dii	rections
Ш	To prepare the cranberry filling: Soak 1 cup dried cranberries in the boiling water for 20 minutes.
	Drain the cranberries, reserving 1/4 cup of the water.
	Place the cranberries, reserved water, 2 tablespoons pine nuts, cinnamon, cloves, and 1 tablespoon brown sugar in a food processor. Process until finely chopped; set aside.
	Bring the chicken stock to a boil over high heat. Reduce heat to medium, and simmer until the chicken stock has reduced to half its original volume, about 15 minutes.
	Add the white wine, red wine, cranberry juice, and 1 tablespoon of brown sugar. Continue cooking until the sauce has reduced by half again, about 10 minutes. Keep warm.
	Preheat an oven to 400 degrees F (200 degrees C).
	Cut a pocket into the side of each pork chop, about 3/4 of the way through. Stuff each pork chop with the dried cranberry mixture, then season on all sides with salt and pepper to taste
	Heat the olive oil in a large, ovenproof skillet over medium-high heat until it begins to smoke. Cook the pork chops on one side until golden brown, 3 to 4 minutes. Turn the pork chops over, and cook another few minutes until browned on the other side too.
	Pour 1 cup of the sauce into the skillet and bring to a simmer.
	Place the skillet in the preheated oven, and bake until the pork is no longer pink in the center, 8 to 10 minutes. An instant-read thermometer inserted into the center should read 145

	degrees F (63 degrees C).	
	To serve, place each pork chop onto a warmed dinner plate, and spoon the sauce from the skillet over top.	
	Sprinkle the pork chops with 2 tablespoons dried cranberries and 2 tablespoons toasted pine nuts for decoration.	
	Serve with the remaining cranberry sauce.	
Nutrition Facts		
	PROTEIN 32 95% FAT 47 17% CARBS 19 88%	

#### **Properties**

Glycemic Index:22.75, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:22.696956519199%

#### **Flavonoids**

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Delphinidin: 0.3lmg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 0.0lmg, Epigallocatechin: 0.0lmg, Repigallocatechin: 0.0lmg, Naringenin: 0.0lmg, Naringenin: 0.0lmg, Naringenin: 0.0lmg, Naringenin: 0.0lmg, Apigenin: 0.0lmg, Apigenin: 0.0lmg, Apigenin: 0.0lmg, Kaempferol: 0.0lmg, Kaempferol: 0.0lmg, Myricetin: 0.0lmg, Myricetin: 0.0lmg, Gallocatechin: 0.0lmg, Gallocatechin: 0.0lmg, Gallocatechin: 0.0lmg, Gallocatechin: 0.0lmg, Gallocatechin: 0.0lmg

### Nutrients (% of daily need)

Calories: 458.37kcal (22.92%), Fat: 22.74g (34.99%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.61g (7.49%), Sugar: 14.49g (16.1%), Cholesterol: 96.98mg (32.33%), Sodium: 611.09mg (26.57%), Alcohol: 3.13g (100%), Alcohol %: 0.71% (100%), Protein: 35.74g (71.49%), Vitamin B3: 14.83mg (74.17%), Selenium: 49.84µg (71.21%), Vitamin B1: 1mg (66.69%), Vitamin B6: 1.15mg (57.7%), Phosphorus: 405.9mg (40.59%), Manganese: 0.75mg (37.34%), Vitamin B2: 0.48mg (27.99%), Potassium: 836.03mg (23.89%), Zinc: 2.83mg (18.84%), Magnesium: 63.94mg (15.99%), Copper: 0.31mg (15.47%), Vitamin E: 2.1mg (14.01%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.02mg (10.24%), Iron: 1.76mg (9.79%), Vitamin K: 9.4µg (8.95%), Fiber: 0.95g (3.79%), Vitamin D: 0.54µg (3.57%), Folate: 14.28µg (3.57%), Calcium: 34.69mg (3.47%), Vitamin C: 2.03mg (2.45%)