Stuffed Pork Chops with Cranberries

Gluten Free   Dairy Free

READY IN	SERVINGS	CALORIES
60 min.	4	458 kcal

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 1 tablespoon brown sugar
- [ ] 4 cups chicken stock see
- [ ] 0.3 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

Equipment

- [ ] food processor
- [ ] frying pan
- [ ] oven
- [ ] kitchen thermometer

Directions

- [ ] 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 Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 2.09mg, Malvidin: 2.09mg, Malvidin: 2.09mg, Malvidin: 2.09mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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%)