



Stuffed Pork Chops with Kielbasa and Sauerkraut

READY IN



145 min.

SERVINGS



4

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup onion finely chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons sage dried fresh minced crumbled
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 2 pound pork chops
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 pound kielbasa

- ☐ 1 large onion sliced
- ☐ 1.5 pounds sauerkraut rinsed drained well
- ☐ 4 servings salt and pepper
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.5 cup chicken broth
- ☐ 1 bay leaf
- ☐ 2 tablespoon thinly sage leaves dried fresh shredded crumbled
- ☐ 1 tablespoon cornstarch dissolved in 2 tbsp cold water
- ☐ 1 tablespoon parsley fresh minced

Equipment

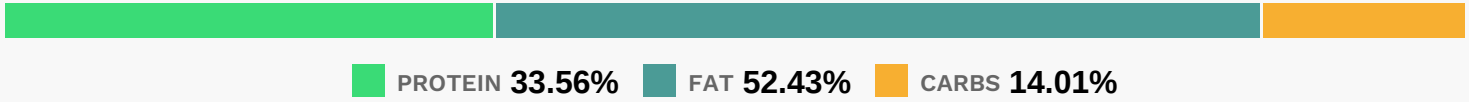
- ☐ frying pan
- ☐ knife
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Make the stuffing: In a heavy skillet cook the onion, the garlic, and the sage in the butter over low heat, stirring, until the onion is softened.
- ☐ Remove the skillet from the heat, and stir in the breadcrumbs and salt and pepper to taste. Set aside.
- ☐ Stuff the pork chops: With a paring knife, make a 3/4-inch long horizontal incision along the fat side of each chop and cut a deep wide pocket in the chop by moving the knife back and forth carefully through the incision. Fill the chops with the stuffing. Pat the chops dry.
- ☐ Brown the chops: In a large dutch oven, heat the oil over medium high heat. Brown the chops on both sides, removing the chops from the pan to a plate when done.
- ☐ Add the kielbasa slices to the pan, browning them slightly on both sides, removing to another plate when done.
- ☐ Pour off all but 1 Tbsp of fat. In the remaining fat cook the onion over medium heat, until softened.

- ☐ Add half of the sauerkraut, spreading it to form a layer on the bottom on the pan. Cover the sauerkraut with the pork chops.
- ☐ Sprinkle on salt and pepper.
- ☐ Add the kielbasa.
- ☐ Spread the remaining sauerkraut over the chops and kielbasa.
- ☐ Add the wine, broth and bay leaf.
- ☐ Simmer: Bring the liquid to a simmer and simmer the mixture, covered for 1 1/2 hours, or until the chops are tender. Discard the bay leaf.
- ☐ Transfer the chops and the kielbasa to a plate; cover with foil and keep warm.
- ☐ Add sage and cornstarch mixture to sauerkraut:
- ☐ Add the sage to the sauerkraut mixture, bring mixture to a simmer.
- ☐ Add the cornstarch mixture to the sauerkraut. Stir, and simmer for 2 minutes.
- ☐ Serve: Spoon sauerkraut on to a large serving plate.
- ☐ Place the chops and kielbasa on top of the sauerkraut, sprinkle with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:44.393912875134%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 15.78mg, Quercetin: 15.78mg, Quercetin: 15.78mg, Quercetin: 15.78mg

Nutrients (% of daily need)

Calories: 765.8kcal (38.29%), Fat: 42.27g (65.03%), Saturated Fat: 15.83g (98.96%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 18.14g (6.6%), Sugar: 7.37g (8.19%), Cholesterol: 207.28mg (69.09%), Sodium:

2094.88mg (91.08%), Alcohol: 4.64g (100%), Alcohol %: 0.92% (100%), Protein: 60.87g (121.73%), Copper: 9.5mg (475.22%), Vitamin B1: 1.97mg (131.25%), Selenium: 88.84µg (126.91%), Vitamin B6: 2.14mg (106.89%), Vitamin B3: 21.09mg (105.46%), Phosphorus: 673.53mg (67.35%), Vitamin K: 59.25µg (56.43%), Manganese: 0.88mg (44.17%), Potassium: 1468.56mg (41.96%), Vitamin C: 33.21mg (40.25%), Vitamin B2: 0.63mg (36.91%), Zinc: 5.38mg (35.86%), Iron: 5.85mg (32.51%), Vitamin B12: 1.8µg (30.03%), Fiber: 7.28g (29.12%), Magnesium: 115.09mg (28.77%), Vitamin B5: 2.24mg (22.38%), Folate: 69.69µg (17.42%), Calcium: 151.49mg (15.15%), Vitamin E: 1.32mg (8.77%), Vitamin A: 361.61IU (7.23%), Vitamin D: 1.01µg (6.75%)