



## Stuffing and Chops Skillet

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

### Ingredients

- 2 medium apples thinly sliced
- 1 Tbsp oil
- 1 medium onion sliced
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix for pork
- 1.5 cups water

### Equipment

- frying pan

## Directions

- Cook chops and onions in hot oil in large skillet 4 min. on each side or until chops are cooked through.
- Transfer to plate; cover to keep warm.
- Add apples and water to skillet. Bring to boil.
- Stir in stuffing mix. Top with the chops and onions; cover.
- Remove from heat; let stand 5 min.

## Nutrition Facts

**PROTEIN 32.84%** **FAT 29.88%** **CARBS 37.28%**

## Properties

Glycemic Index:9.83, Glycemic Load:2.59, Inflammation Score:-4, Nutrition Score:18.4204347444462%

## 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 Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

## Nutrients (% of daily need)

Calories: 344.7kcal (17.24%), Fat: 11.29g (17.37%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 29.01g (10.55%), Sugar: 9.43g (10.48%), Cholesterol: 76.26mg (25.42%), Sodium: 457.04mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.83%), Selenium: 51.23µg (73.19%), Vitamin B1: 0.94mg (62.94%), Vitamin B3: 10.77mg (53.85%), Vitamin B6: 0.91mg (45.66%), Phosphorus: 308.24mg (30.82%), Vitamin B2: 0.34mg (20.3%), Potassium: 584.39mg (16.7%), Zinc: 2.08mg (13.88%), Folate: 52.93µg (13.23%), Magnesium: 46.28mg (11.57%), Manganese: 0.22mg (11.06%), Fiber: 2.67g (10.7%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 1mg (9.97%), Iron: 1.76mg (9.77%), Copper: 0.16mg (8.2%), Vitamin E: 0.78mg (5.18%), Vitamin C: 4.15mg (5.03%), Calcium: 45.07mg (4.51%), Vitamin K: 3.38µg (3.22%), Vitamin D: 0.45µg (3.02%)