



Stuffing-Topped Pork & Apple Skillet

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 1 Tbsp brown sugar
- 1 small apples i use 2 granny smith apples sliced
- 1 onion thinly sliced
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix for pork
- 0.3 cup water

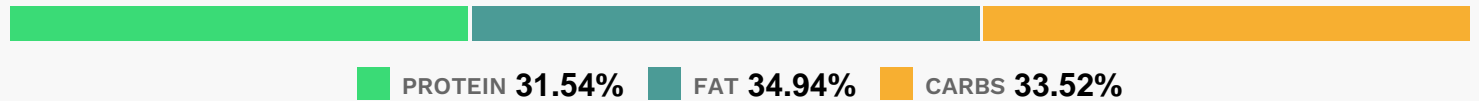
Equipment

frying pan

Directions

- Heat 3 Tbsp. dressing in large skillet on medium-high heat.
- Add chops; cook 5 to 6 min. or until done (145F), turning after 3 min.
- Transfer to plate; cover to keep warm.
- Add remaining dressing, onions and apples to skillet; cook 3 min. or until apples are slightly softened, stirring frequently.
- Add water and sugar; stir. Cook on medium-low heat 3 min., stirring occasionally. Meanwhile, prepare stuffing as directed on package.
- Return chops to skillet. Spoon onion mixture over chops, then spoon stuffing around edge of skillet; cover. Cook 5 min. or until stuffing is heated through.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:17.672608800556%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 361.12kcal (18.06%), Fat: 13.7g (21.08%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.76g (10.1%), Sugar: 8.08g (8.98%), Cholesterol: 76.26mg (25.42%), Sodium: 572.78mg (24.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.65%), Selenium: 51.26µg (73.23%), Vitamin B1: 0.94mg (62.53%), Vitamin B3: 10.74mg (53.69%), Vitamin B6: 0.9mg (44.97%), Phosphorus: 304.38mg (30.44%), Vitamin B2: 0.34mg (19.75%), Potassium: 548.71mg (15.68%), Zinc: 2.06mg (13.76%), Folate: 51.88µg (12.97%), Magnesium: 44.18mg (11.04%), Manganese: 0.21mg (10.5%), Vitamin B12: 0.61µg (10.11%), Vitamin B5:

0.98mg (9.78%), Iron: 1.73mg (9.61%), Copper: 0.15mg (7.37%), Fiber: 1.81g (7.26%), Calcium: 44.41mg (4.44%),
Vitamin C: 2.5mg (3.03%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.3mg (2.02%)