

What She Ate

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health-score 84%

HEALTH SCORE

Sunday Supper Stuffed Pork Chops, Cream Cheese Potatoes, Sugar Snap Peas

Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 ribs celery from the heart finely chopped
- ☐ 1 cup chicken broth
- ☐ 2 corn muffins store bought
- ☐ 4 ounces cream cheese

- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 small mcintosh apples chopped
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped
- ☐ 1 small onion finely chopped
- ☐ 8 center cut pork loin chops boneless thin
- ☐ 2.5 pounds potatoes peeled cut into chunks
- ☐ 2 tablespoons freshly sage leaves dried chopped
- ☐ 4 servings salt
- ☐ 2 pounds sugar snap peas
- ☐ 2 tablespoons freshly thyme leaves dried chopped
- ☐ 1 tablespoon vegetable oil for drizzling

Equipment

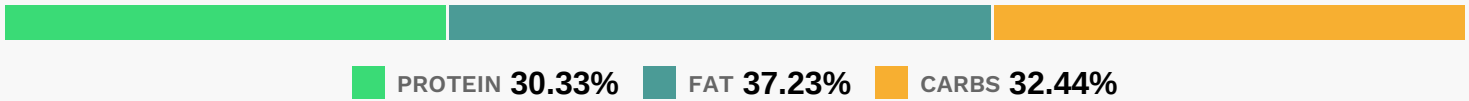
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ grill pan

Directions

- ☐ Cover potatoes with water and season with salt. Cover pan to bring potatoes to a quick boil. Boil potatoes until tender, about 12 minutes.
- ☐ Drain potatoes and return them to the hot pot to dry. Set aside.
- ☐ Heat milk, cream cheese and onion over medium low heat until cream cheese melts into milk and mixture bubbles.
- ☐ Pour hot milk and cream cheese into the potatoes and mash to desired consistency.
- ☐ Add a little extra milk for softer potatoes. Season with salt, to your taste, and transfer to a serving dish.
- ☐ Garnish with chopped chives.

- ☐ Preheat a medium skillet over medium high heat.
- ☐ Add oil and bacon to the skillet and cook 2 minutes.
- ☐ Add apple, celery and onion and season the mixture with herbs, salt and pepper. Reduce heat to medium. Cook vegetables 5 minutes, stirring frequently. Crumble the corn muffins into the pan and combine stuffing.
- ☐ Preheat a large skillet or grill pan over medium high heat.
- ☐ Drizzle chops with oil and season with salt and pepper. Cook chops 3 to 4 minutes on each side. Do not over cook. The chops should be firm but still giving off juices.
- ☐ In a medium saucepan, place snap peas and broth and 1 tablespoon butter over medium high heat. When the liquid boils, cover the pan and reduce heat to low. Simmer snap peas 3 to 5 minutes, until tender but still green.
- ☐ Remove pan from heat and season snap peas with salt, to taste.
- ☐ To assemble stuffed chops, set a thin chop on dinner plate or serving plate. Mound the pork chop with stuffing, allowing some to spill onto the plate, then top with a second chop. Repeat with 3 remaining servings. Pass potatoes and snap peas to complete the meal.

Nutrition Facts



Properties

Glycemic Index:123.56, Glycemic Load:39.63, Inflammation Score:-10, Nutrition Score:62.416086818861%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 996.26kcal (49.81%), Fat: 41.13g (63.27%), Saturated Fat: 16.95g (105.93%), Carbohydrates: 80.64g (26.88%), Net Carbohydrates: 65.92g (23.97%), Sugar: 19.75g (21.94%), Cholesterol: 227.81mg (75.94%), Sodium: 780.71mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.39g (150.77%), Copper: 9.8mg (490.12%), Vitamin C: 203.35mg (246.49%), Vitamin B6: 3.3mg (164.8%), Vitamin B1: 2.46mg (164%), Selenium: 96.92µg (138.46%), Vitamin B3: 26.61mg (133.04%), Phosphorus: 992.92mg (99.29%), Potassium: 2947.08mg (84.2%), Vitamin K: 79.45µg (75.67%), Manganese: 1.5mg (74.78%), Vitamin A: 3348.58IU (66.97%), Fiber: 14.72g (58.89%), Vitamin B2: 0.97mg (57.23%), Magnesium: 216.7mg (54.18%), Iron: 9.53mg (52.94%), Vitamin B5: 4.97mg (49.74%), Zinc: 6.26mg (41.75%), Folate: 161.52µg (40.38%), Vitamin B12: 1.72µg (28.67%), Calcium: 273.14mg (27.31%), Vitamin E: 2.08mg (13.89%), Vitamin D: 1.45µg (9.68%)