



Sweet & Savory Pork Chops Over Stuffing

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



102 kcal

SIDE DISH

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp rosemary fresh chopped
- 4 green onions chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.3 cup pancake syrup
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix prepared for chicken, as directed on package

Equipment

frying pan

Directions

Spread both sides of chops with mustard; press rosemary into chops.

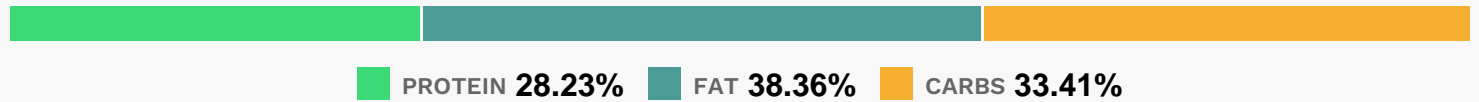
Heat 1/4 cup dressing in large nonstick skillet on medium-high heat.

Add chops; cook 4 min. each side or until browned on both sides.

Add remaining dressing and syrup; top with bacon and onions. Cook 5 min. or until chops are done (160F).

Serve chops over stuffing.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.7913043628568%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 101.58kcal (5.08%), Fat: 4.26g (6.56%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 8.02g (2.91%), Sugar: 1.13g (1.26%), Cholesterol: 20.17mg (6.72%), Sodium: 189.44mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Selenium: 13.34µg (19.06%), Vitamin B1: 0.23mg (15.6%), Vitamin B3: 2.7mg (13.49%), Vitamin B6: 0.22mg (11.02%), Phosphorus: 78.02mg (7.8%), Vitamin K: 6.7µg (6.38%), Vitamin B2: 0.08mg (4.87%), Potassium: 135.53mg (3.87%), Zinc: 0.54mg (3.58%), Folate: 12.89µg (3.22%), Magnesium: 11.5mg (2.87%), Manganese: 0.06mg (2.81%), Iron: 0.48mg (2.65%), Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.25mg (2.47%), Copper: 0.04mg (2.15%), Fiber: 0.34g (1.35%), Vitamin E: 0.19mg (1.27%), Calcium: 11.88mg (1.19%)