



Tangy Pork Chop Stuffing Bake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



644 kcal

SIDE DISH

Ingredients

- 0.8 cup original barbecue sauce kraft
- 3.5 lb pork chops bone-in
- 2 Tbsp brown sugar
- 6 oz stove top stuffing mix for pork
- 16 oz berry cranberry sauce whole canned

Equipment

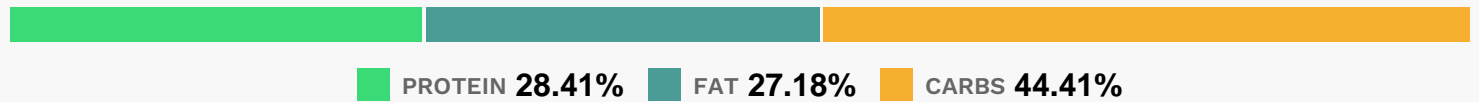
- frying pan
- sauce pan

- oven
- baking pan

Directions

- Preheat oven to 350F. Cook chops in skillet on medium heat 5 min. on each side or until browned on both sides. Meanwhile, prepare stuffing in large saucepan as directed on package.
- Place chops in 13x9-inch baking dish; set aside.
- Mix cranberry sauce, barbecue sauce and sugar.
- Add to stuffing; mix lightly. Spoon evenly over chops.
- Bake 30 min. or until chops are cooked through (160F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:25.869999937389%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 643.68kcal (32.18%), Fat: 19.22g (29.57%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 70.65g (23.55%), Net Carbohydrates: 68.59g (24.94%), Sugar: 42.13g (46.82%), Cholesterol: 137.21mg (45.74%), Sodium: 880.58mg (38.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.2g (90.39%), Selenium: 81.5µg (116.43%), Vitamin B1: 1.15mg (76.73%), Vitamin B3: 15.06mg (75.32%), Vitamin B6: 1.47mg (73.27%), Phosphorus: 465.06mg (46.51%), Vitamin B2: 0.53mg (30.91%), Zinc: 3.86mg (25.74%), Potassium: 859.84mg (24.57%), Vitamin B12: 1.06µg (17.62%), Magnesium: 67.47mg (16.87%), Iron: 2.9mg (16.1%), Vitamin B5: 1.57mg (15.74%), Manganese: 0.28mg (13.76%), Folate: 49.14µg (12.28%), Copper: 0.24mg (11.99%), Vitamin E: 1.33mg (8.9%), Calcium: 82.59mg (8.26%), Fiber: 2.06g (8.24%), Vitamin D: 0.99µg (6.61%), Vitamin A: 124.31IU (2.49%), Vitamin K: 2.01µg (1.92%), Vitamin C: 0.97mg (1.18%)