

Sunday Dinner Juicy Stuffed Pork Chops

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chees-stuffed-pork-chop-recipe>

Ingredients:

- 4 pork chops thick cut, boneless
- 1 tablespoon parsley fresh, chopped
- 1 tablespoon milk
- 1/4 teaspoon salt
- 1/4 teaspoon rubbed sage
- 1 apple small, chopped fine
- 1 cup corn frozen and defrosted
- 1 cup panko bread crumbs
- 2 tablespoons flour
- 1 teaspoon smoked paprika
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon pepper
- 2 teaspoons kosher salt
- 3 tablespoons Dijon mustard
- 3/4 teaspoon rosemary fresh, minced
- 1/3 cup honey
- 1 cup chicken broth
- 1 teaspoon brown sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon butter
- 1/2 teaspoon corn starch
- 1/2 teaspoon water

Nutrition:

1. Calories: 500 calories

2. Carbohydrate: 59 grams
 3. Cholesterol: 85 milligrams
 4. Fat: 13 grams
 5. Fiber: 4 grams
 6. Protein: 40 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 1940 milligrams
 9. Sugar: 31 grams
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