



Barbecued Pork Chops with Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



385 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1/2-inch cubes
- ☐ 18 oz barbecue sauce
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup salad cube pickles sweet
- ☐ 6 pork loin chops bone-in 1-inch-thick ()
- ☐ 2 teaspoons salt

Equipment

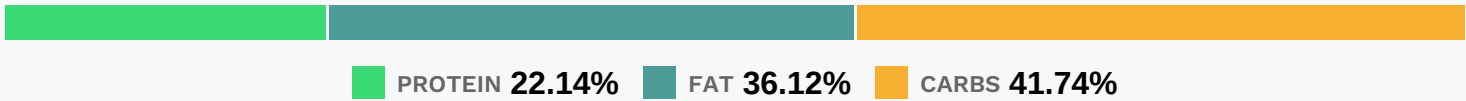
- ☐ bowl

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Place pork chops and barbecue sauce in a 6-qt. slow cooker; cover and cook on LOW 6 to 8 hours or to desired degree of tenderness.
- ☐ Bring potatoes, salt, and water to cover to a boil in a Dutch oven over medium-high heat. Reduce heat to low; cook 10 minutes or until tender.
- ☐ Drain.
- ☐ Combine mayonnaise and pickles in a small bowl; add potatoes, and gently stir to coat. Cover and chill, if desired.
- ☐ Serve with pork chops.
- ☐ Note: We tested with Stubb's Mild Bar-B-Q Sauce.

Nutrition Facts



Properties

Glycemic Index:22.46, Glycemic Load:21.54, Inflammation Score:-5, Nutrition Score:25.139564980631%

Nutrients (% of daily need)

Calories: 601.08kcal (30.05%), Fat: 23.94g (36.84%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 59.46g (21.62%), Sugar: 29.36g (32.62%), Cholesterol: 97.62mg (32.54%), Sodium: 1889.72mg (82.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.04%), Vitamin B6: 1.56mg (78.09%), Vitamin B1: 1.04mg (69.47%), Selenium: 46.5µg (66.42%), Vitamin B3: 12.78mg (63.92%), Phosphorus: 407.88mg (40.79%), Potassium: 1338.19mg (38.23%), Vitamin K: 35.68µg (33.98%), Vitamin B2: 0.35mg (20.73%), Magnesium: 81.3mg (20.32%), Manganese: 0.36mg (18%), Zinc: 2.7mg (17.98%), Vitamin B5: 1.6mg (16.04%), Copper: 0.3mg (14.89%), Iron: 2.57mg (14.3%), Vitamin B12: 0.73µg (12.21%), Vitamin C: 9.25mg (11.22%), Fiber: 2.79g (11.16%), Vitamin E: 1.49mg (9.93%), Calcium: 62.29mg (6.23%), Folate: 24.28µg (6.07%), Vitamin A: 220.42IU (4.41%), Vitamin D: 0.57µg (3.82%)