



## Beer Chops I

 **Gluten Free**  **Dairy Free**

READY IN



**490 min.**

SERVINGS



**4**

CALORIES



**115 kcal**

SIDE DISH

### Ingredients

- 2 cubes chicken bouillon
- 1 onion sliced
- 2 pork chops

### Equipment

### Directions

- Arrange onion slices on bottom of slow-cooker.

- Cut butterfly chops in half and place on top of onions.
- Pour in beer and add chicken bouillon cubes. Cover and cook on low 6 to 8 hours.

## Nutrition Facts

**PROTEIN 52.96%**

**FAT 37.81%**

**CARBS 9.23%**

### Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:8.1178259864126%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

### Nutrients (% of daily need)

Calories: 114.87kcal (5.74%), Fat: 4.68g (7.2%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.17g (1.3%), Cholesterol: 44.89mg (14.96%), Sodium: 35.26mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Selenium: 22.32µg (31.88%), Vitamin B1: 0.46mg (30.64%), Vitamin B3: 5.38mg (26.92%), Vitamin B6: 0.52mg (25.97%), Phosphorus: 159.41mg (15.94%), Potassium: 290.09mg (8.29%), Vitamin B2: 0.13mg (7.73%), Zinc: 1.09mg (7.24%), Vitamin B12: 0.36µg (5.92%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.18mg (5.05%), Vitamin C: 2.04mg (2.47%), Copper: 0.05mg (2.41%), Iron: 0.39mg (2.18%), Manganese: 0.04mg (2.01%), Fiber: 0.47g (1.87%), Vitamin D: 0.27µg (1.79%), Folate: 5.23µg (1.31%), Calcium: 11.05mg (1.1%)