



Colorado Pork Chops

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

READY IN



45 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pork chops bone-in thick
- 6 servings optional: chiles green to taste
- 15 oz chili beans sauce with chili sauce canned
- 6 servings garnish: cilantro fresh
- 6 servings rice cooked
- 1 cup regular corn
- 1.5 cups salsa

Equipment

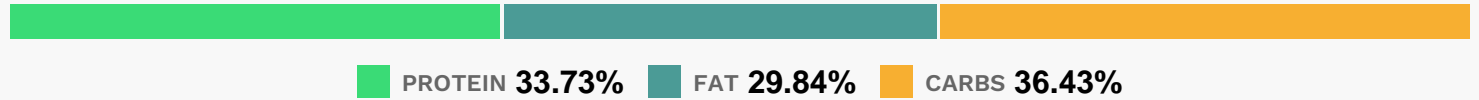
slow cooker

Directions

In a slow cooker, layer pork chops, beans, salsa, corn and chiles, if using. Cover and cook on low setting for 5 hours, or on high setting for 2 1/2 hours.

Serve over cooked rice; garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:26.56, Inflammation Score:-6, Nutrition Score:27.822608709335%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 511.21kcal (25.56%), Fat: 16.74g (25.76%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 39.93g (14.52%), Sugar: 8.4g (9.34%), Cholesterol: 116.96mg (38.98%), Sodium: 1134.45mg (49.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.17%), Selenium: 64.77µg (92.54%), Vitamin B6: 1.6mg (79.82%), Vitamin B3: 12.95mg (64.76%), Vitamin B1: 0.91mg (60.86%), Phosphorus: 537.98mg (53.8%), Zinc: 5.09mg (33.96%), Potassium: 1152.14mg (32.92%), Vitamin B2: 0.47mg (27.8%), Manganese: 0.5mg (25.07%), Magnesium: 100.2mg (25.05%), Fiber: 6.07g (24.29%), Copper: 0.39mg (19.75%), Vitamin B5: 1.84mg (18.37%), Iron: 2.93mg (16.3%), Vitamin B12: 0.91µg (15.09%), Vitamin C: 7.48mg (9.06%), Calcium: 81.11mg (8.11%), Vitamin A: 404.93IU (8.1%), Vitamin E: 1.2mg (8.02%), Folate: 29.36µg (7.34%), Vitamin D: 0.85µg (5.65%), Vitamin K: 3.43µg (3.26%)