



Creamy Slow Cooker Marsala Pork

 Dairy Free

READY IN



400 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 cup flour
- 1 tablespoon rosemary fresh minced
- 1 clove garlic minced
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 4 ounce mushrooms sliced
- 1 teaspoon ground mustard dry

- 1 onion sliced
- 24 ounce pork chops
- 1 teaspoon salt
- 2 tablespoons vegetable oil

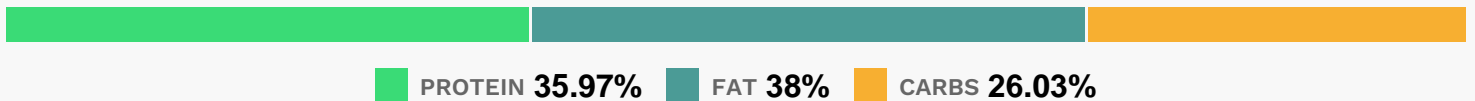
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Stir together the flour, rosemary, mustard, salt, garlic powder, and pepper in a bowl. Dredge the pork chops in the seasoned flour, shake off excess, and set aside.
- Heat the vegetable oil in a large skillet over medium-high heat.
- Add the pork chops and cook until golden brown on both sides, about 4 minutes per side.
- Place the onion, mushrooms, and garlic into a slow cooker.
- Add the seared pork chops, then pour in the cream of mushroom soup and Marsala wine. Cover, and cook on Low until the chops are tender, 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:12.1, Inflammation Score:-4, Nutrition Score:19.358695468177%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 339.1kcal (16.95%), Fat: 14.06g (21.63%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 20.32g (7.39%), Sugar: 1.25g (1.39%), Cholesterol: 78.52mg (26.17%), Sodium: 804.78mg (34.99%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 29.94g (59.88%), Selenium: 47.34µg (67.63%), Vitamin B1: 0.96mg (6.4%), Vitamin B3: 11.48mg (57.39%), Vitamin B6: 0.91mg (45.59%), Phosphorus: 321.16mg (32.12%), Vitamin B2: 0.43mg (25.12%), Manganese: 0.38mg (19.09%), Zinc: 2.64mg (17.59%), Potassium: 611.09mg (17.46%), Copper: 0.27mg (13.61%), Vitamin B5: 1.33mg (13.32%), Folate: 49.56µg (12.39%), Iron: 2.13mg (11.85%), Vitamin B12: 0.69µg (11.5%), Magnesium: 43.5mg (10.87%), Vitamin K: 8.77µg (8.36%), Fiber: 1.35g (5.4%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.49µg (3.28%), Vitamin C: 2.01mg (2.44%), Calcium: 22.1mg (2.21%)