

Easiest BBQ Pork Chops

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

READY IN



370 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 cup catsup
- 0.5 cup onion chopped
- 6 pork chops
- 1 tablespoon worcestershire sauce

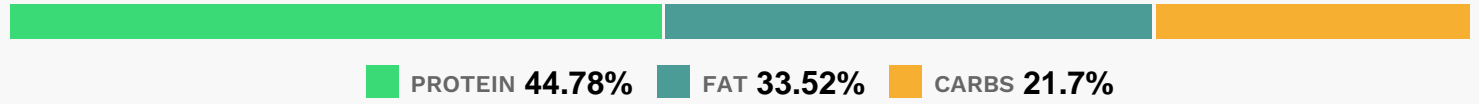
Equipment

- slow cooker

Directions

- Combine soup, ketchup, Worcestershire sauce, and onions in slow cooker.
- Add pork chops.
- Cover, and cook on Low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:18.246086763299%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 286.6kcal (14.33%), Fat: 10.57g (16.26%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.94g (5.43%), Sugar: 9.37g (10.41%), Cholesterol: 92.32mg (30.77%), Sodium: 824.61mg (35.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.55%), Selenium: 44.71µg (63.88%), Vitamin B1: 0.92mg (61.1%), Vitamin B3: 11.77mg (58.84%), Vitamin B6: 1.07mg (53.62%), Phosphorus: 333.54mg (33.35%), Vitamin B2: 0.35mg (20.71%), Potassium: 718.35mg (20.52%), Zinc: 2.73mg (18.21%), Vitamin B12: 0.79µg (13.19%), Magnesium: 45.3mg (11.32%), Copper: 0.22mg (11.07%), Vitamin B5: 1.11mg (11.06%), Manganese: 0.22mg (10.93%), Iron: 1.34mg (7.47%), Vitamin E: 0.76mg (5.09%), Vitamin A: 213.07IU (4.26%), Vitamin C: 2.99mg (3.63%), Vitamin D: 0.54µg (3.57%), Folate: 9.92µg (2.48%), Calcium: 23.51mg (2.35%), Fiber: 0.45g (1.79%), Vitamin K: 1.28µg (1.22%)