

Easy Slow Cooker Pork Chops

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

READY IN



370 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce peach pie filling canned
- 2 tablespoons chicken stock cube
- 1 cup onion sliced
- 4 pork chops ()
- 2 large sweet potatoes and into peeled cut into large chunks
- 1 tablespoon vegetable oil

Equipment

- frying pan

slow cooker

Directions

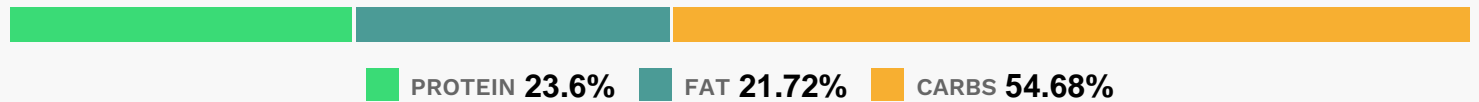
In a large skillet, heat oil over medium-high heat. Season pork chops with salt and pepper, and then brown them in the hot skillet.

Remove from heat.

Spray the inside surface of a slow cooker with cooking spray. Arrange sliced onions in the bottom, and place pork chops on top of onions.

Sprinkle with chicken base, and top with apple pie filling. Cook on Low for 5 to 6 hours, adding sweet potatoes during the last 1 1/2 hours of cooking.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:17.71, Inflammation Score:-10, Nutrition Score:29.40782601937%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 548.38kcal (27.42%), Fat: 13.31g (20.48%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 75.39g (25.13%), Net Carbohydrates: 68.19g (24.8%), Sugar: 28.8g (32%), Cholesterol: 90.11mg (30.03%), Sodium: 822.92mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.09%), Vitamin A: 24158.13IU (483.16%), Vitamin B1: 1.06mg (70.95%), Vitamin B6: 1.4mg (70.07%), Selenium: 46.7µg (66.71%), Vitamin B3: 11.81mg (59.04%), Phosphorus: 408.41mg (40.84%), Potassium: 1202.63mg (34.36%), Fiber: 7.2g (28.79%), Manganese: 0.54mg (27.08%), Vitamin B5: 2.46mg (24.58%), Vitamin B2: 0.39mg (22.87%), Magnesium: 85.57mg (21.39%), Copper: 0.43mg (21.27%), Zinc: 2.71mg (18.09%), Iron: 2.23mg (12.38%), Vitamin B12: 0.72µg (11.96%), Vitamin C: 9.48mg (11.49%), Vitamin K: 10.18µg (9.7%), Calcium: 79.92mg (7.99%), Folate: 27.1µg (6.78%), Vitamin E: 0.97mg (6.47%), Vitamin D: 0.54µg (3.57%)