# Easy Slow Cooker Sweet and Sour Pork Chops

Gluten Free  Dairy Free

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 245 min. | 4 | 278 kcal |

LUNCH | MAIN COURSE | MAIN DISH | DINNER

## Ingredients

- [ ] 0.3 cup brown sugar
- [ ] 0.3 cup catsup
- [ ] 1 tablespoon juice of lemon
- [ ] 2 tablespoons onion minced
- [ ] 4 pork chops

## Equipment

- [ ] bowl
- [ ] frying pan

- [ ] slow cooker

## Directions

- [ ] Heat a large skillet over high heat. Sear the pork chops until browned, 1 to 2 minutes per side.
- [ ] Transfer the pork chops to a slow cooker.
- [ ] Mix the brown sugar, ketchup, onion, and lemon juice in a bowl; spoon over the pork chops.
- [ ] Cook on Low until the pork chops are very tender, 4 to 6 hours.

## Nutrition Facts

PROTEIN **42.55%** FAT **30.67%** CARBS **26.78%**

### Properties

Glycemic Index:6.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:15.852173885574%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

### Nutrients (% of daily need)

Calories: 277.92kcal (13.9%), Fat: 9.33g (14.35%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 18.32g (6.11%), Net Carbohydrates: 18.18g (6.61%), Sugar: 16.84g (18.71%), Cholesterol: 89.78mg (29.93%), Sodium: 204.46mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Selenium: 44.65µg (63.79%), Vitamin B1: 0.9mg (59.91%), Vitamin B3: 10.94mg (54.71%), Vitamin B6: 1.01mg (50.5%), Phosphorus: 309.04mg (30.9%), Potassium: 571.42mg (16.33%), Vitamin B2: 0.27mg (16.16%), Zinc: 2.12mg (14.11%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.01mg (10.1%), Magnesium: 38.75mg (9.69%), Copper: 0.1mg (4.84%), Iron: 0.83mg (4.63%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.44mg (2.95%), Vitamin E: 0.4mg (2.67%), Calcium: 24.42mg (2.44%), Manganese: 0.04mg (2%), Vitamin A: 82.64IU (1.65%)