



Farm-Style Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons catsup
- ☐ 0.3 cup orange marmalade
- ☐ 4 pounds pork chops boneless
- ☐ 0.3 cup soya sauce

Equipment

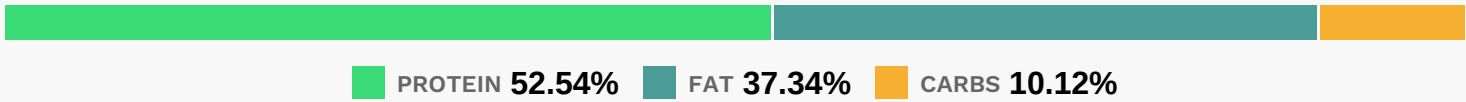
- ☐ whisk

☐ slow cooker

Directions

- ☐ Stir together first 4 ingredients; brush sauce on both sides of pork.
- ☐ Place in a 5-quart slow cooker, and pour remaining sauce over pork.
- ☐ Cook, covered, on LOW 7 1/2 hours or until tender.
- ☐ Remove from slow cooker.
- ☐ Skim fat from sauce, and whisk in flour until slightly thickened.
- ☐ Serve over pork chops.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:29.840869596471%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 522.21kcal (26.11%), Fat: 21.03g (32.35%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.56g (4.57%), Sugar: 9.24g (10.27%), Cholesterol: 202.6mg (67.53%), Sodium: 738.08mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.56g (133.13%), Selenium: 101.2µg (144.58%), Vitamin B1: 2.04mg (136.3%), Vitamin B3: 24.77mg (123.83%), Vitamin B6: 2.23mg (111.62%), Phosphorus: 701.28mg (70.13%), Vitamin B2: 0.6mg (35.22%), Potassium: 1172.09mg (33.49%), Zinc: 4.77mg (31.77%), Vitamin B12: 1.6µg (26.71%), Vitamin B5: 2.25mg (22.53%), Magnesium: 84.08mg (21.02%), Iron: 1.9mg (10.58%), Copper: 0.2mg (10.19%), Vitamin D: 1.21µg (8.06%), Manganese: 0.1mg (5.12%), Vitamin E: 0.48mg (3.17%), Calcium: 30.2mg (3.02%), Folate: 7.98µg (1.99%), Vitamin C: 1mg (1.21%), Fiber: 0.26g (1.05%)