



Korean Slow Cooker Pork Chops

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon korean chile bean paste
- ☐ 3 cloves garlic pressed
- ☐ 6 pork chops
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup soya sauce

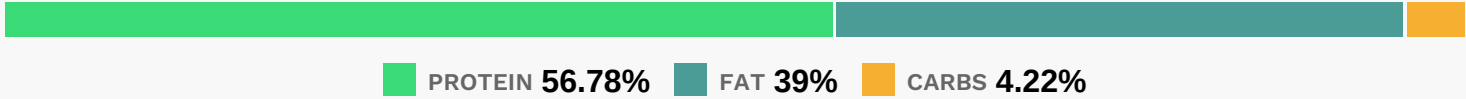
Equipment

- ☐ slow cooker

Directions

☐ In the crock of a slow cooker, stir together the garlic, chicken broth, bean paste and soy sauce. Season the pork chops with salt and pepper, and place them in the crock. Turn to coat with sauce. Cover, and cook for 5 hours on the Low setting.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:17.359565182872%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 226.47kcal (11.32%), Fat: 9.56g (14.7%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.52g (0.58%), Cholesterol: 90.17mg (30.06%), Sodium: 1432.85mg (62.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Selenium: 45.07µg (64.39%), Vitamin B1: 0.92mg (61.04%), Vitamin B3: 11.68mg (58.38%), Vitamin B6: 1.06mg (52.9%), Phosphorus: 335.05mg (33.51%), Vitamin B2: 0.3mg (17.82%), Potassium: 576.39mg (16.47%), Zinc: 2.25mg (14.99%), Vitamin B12: 0.71µg (11.9%), Magnesium: 45.14mg (11.28%), Vitamin B5: 1.07mg (10.69%), Manganese: 0.16mg (8.16%), Vitamin A: 401.22IU (8.02%), Iron: 1.4mg (7.79%), Copper: 0.12mg (6.1%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.54µg (3.57%), Fiber: 0.65g (2.6%), Calcium: 21.26mg (2.13%), Vitamin K: 1.43µg (1.37%)