



Peachy Crock Pot Pork Chops

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

READY IN



370 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 15 ounce peaches drained canned (reserve)
- ☐ 6 pork chops boneless (works best)
- ☐ 4 servings salt and pepper

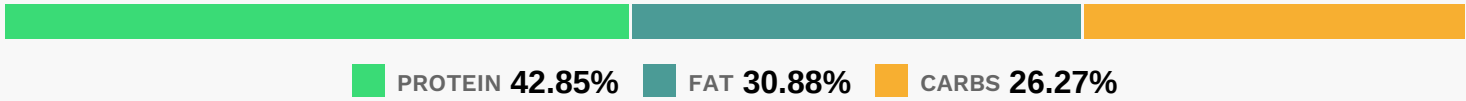
Equipment

☐ slow cooker

Directions

- ☐ Place browned pork chops in crock pot; season with salt and pepper.2
- ☐ Place peaches on top of pork chops.3
- ☐ Mix brown sugar, cinnamon, tomato sauce, syrup and vinegar.4
- ☐ Pour over pork chops and peaches.5 Cook on low for 4–6 hours.

Nutrition Facts



Properties

Glycemic Index:32.56, Glycemic Load:4.71, Inflammation Score:-6, Nutrition Score:27.71652179179%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 425.81kcal (21.29%), Fat: 14.41g (22.17%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 25g (9.09%), Sugar: 24.34g (27.05%), Cholesterol: 134.67mg (44.89%), Sodium: 577.47mg (25.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.99g (89.98%), Selenium: 69.29µg (98.99%), Vitamin B1: 1.38mg (91.99%), Vitamin B3: 17.49mg (87.47%), Vitamin B6: 1.55mg (77.37%), Phosphorus: 494.86mg (49.49%), Potassium: 1078.13mg (30.8%), Vitamin B2: 0.44mg (25.99%), Zinc: 3.5mg (23.33%), Vitamin B5: 1.82mg (18.18%), Magnesium: 71.41mg (17.85%), Vitamin B12: 1.07µg (17.75%), Copper: 0.27mg (13.47%), Vitamin E: 1.86mg (12.4%), Vitamin A: 600.86IU (12.02%), Manganese: 0.23mg (11.49%), Iron: 2.06mg (11.45%), Fiber: 2.58g (10.31%), Vitamin C: 8.34mg (10.11%), Vitamin D: 0.8µg (5.36%), Vitamin K: 4.85µg (4.62%), Calcium: 41.34mg (4.13%), Folate: 11.63µg (2.91%)