

Peking Pork Chops



Gluten Free



Dairy Free



Popular

READY IN



375 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup catsup
- ☐ 6 pork chops thick cut (1 inch)
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup soya sauce

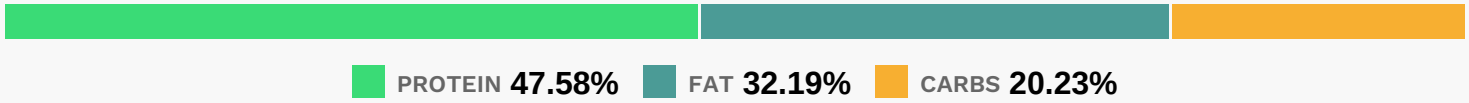
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Trim excess fat from pork chops and place in slow cooker.
- ☐ Mix brown sugar, ginger, soy sauce, ketchup, garlic, salt and pepper in small bowl and pour over meat. Cover, turn to low and cook 4 to 6 hours, or until tender. Season with salt and pepper, if needed.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:16.887391339178%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 266.1kcal (13.3%), Fat: 9.35g (14.38%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.97g (4.72%), Sugar: 11.37g (12.63%), Cholesterol: 89.78mg (29.93%), Sodium: 1431.51mg (62.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.17%), Selenium: 44.95µg (64.21%), Vitamin B1: 0.91mg (60.5%), Vitamin B3: 11.66mg (58.28%), Vitamin B6: 1.04mg (51.97%), Phosphorus: 332.27mg (33.23%), Vitamin B2: 0.29mg (17.35%), Potassium: 587.54mg (16.79%), Zinc: 2.2mg (14.66%), Manganese: 0.24mg (12.07%), Vitamin B12: 0.71µg (11.84%), Magnesium: 45.54mg (11.39%), Vitamin B5: 1.07mg (10.68%), Iron: 1.31mg (7.26%), Copper: 0.12mg (5.86%), Vitamin D: 0.54µg (3.57%), Calcium: 23.76mg (2.38%), Vitamin E: 0.32mg (2.14%), Vitamin A: 56.81IU (1.14%), Folate: 4.53µg (1.13%)