Pork Chops a la Slow Cooker

Dairy Free

READY IN	SERVINGS	CALORIES
510 min.	4	396 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 10.5 ounce condensed chicken with rice soup canned
- [ ] 1 teaspoon mustard dry
- [ ] 0.5 cup flour all-purpose
- [ ] 2 tablespoons olive oil
- [ ] 4 pork chops thick cut
- [ ] 1 teaspoon seasoning salt

Equipment

- [ ] frying pan

- [ ] slow cooker

Directions

- [ ] In a pie plate or shallow dish, mix flour, dry mustard, and seasoned salt. Trim fat from pork chops.
- [ ] Heat oil in a skillet over medium heat. Dredge chops in flour mixture, then place them in the skillet, and brown both sides.
- [ ] Place in chops into a slow cooker, and pour the chicken and rice soup over them. Cover, and cook on Low about 8 hours.

Nutrition Facts

PROTEIN **33.44%** FAT **48.61%** CARBS **17.95%**

Properties

Glycemic Index:29.5, Glycemic Load:10.92, Inflammation Score:-4, Nutrition Score:19.229130423587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 395.97kcal (19.8%), Fat: 20.93g (32.2%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.91g (6.15%), Sugar: 0.48g (0.53%), Cholesterol: 95.73mg (31.91%), Sodium: 1168.62mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.79%), Selenium: 52.11µg (74.44%), Vitamin B1: 1.03mg (68.68%), Vitamin B3: 11.94mg (59.71%), Vitamin B6: 0.98mg (49.08%), Phosphorus: 346.92mg (34.69%), Vitamin B2: 0.36mg (21.21%), Zinc: 2.43mg (16.23%), Potassium: 556.88mg (15.91%), Iron: 2.27mg (12.63%), Vitamin B5: 1.19mg (11.9%), Vitamin B12: 0.71µg (11.84%), Vitamin E: 1.62mg (10.79%), Magnesium: 43.12mg (10.78%), Copper: 0.2mg (9.82%), Manganese: 0.18mg (9.01%), Folate: 30.89µg (7.72%), Vitamin K: 7.34µg (6.99%), Vitamin D: 0.54µg (3.57%), Vitamin A: 140.95IU (2.82%), Calcium: 23.9mg (2.39%), Fiber: 0.48g (1.93%)