



## Pork Chops and Cheesy Scalloped Potatoes

READY IN



380 min.

SERVINGS



4

CALORIES



735 kcal

SIDE DISH

### Ingredients

- 0.3 cup flour all-purpose divided
- 4 servings pepper black to taste
- 0.8 cup milk
- 16 ounce nacho cheese dip ragu® (such as Double Cheddar)
- 1 onion divided sliced
- 4 pork chops
- 3 pounds potatoes - remove skin red divided scrubbed sliced

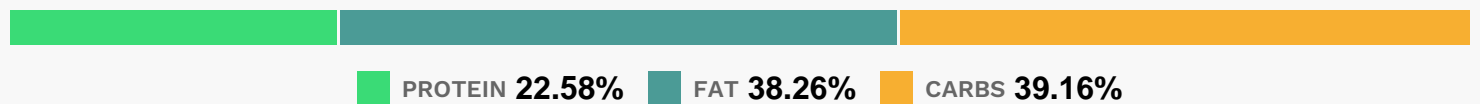
### Equipment

slow cooker

## Directions

- Place pork chops into a slow cooker; sprinkle with salt and pepper.
- Layer 1/4 of the sliced potatoes over the pork chops, followed by 1/4 of the onion slices.
- Sprinkle the onion with 1 tablespoon flour and season with salt and pepper. Repeat the layers of potatoes, onions, 1 tablespoon of flour, and a sprinkle of salt and pepper three more times.
- Mix the cheese sauce with milk until smooth and pour over the potatoes. Set the slow cooker to High and cook for 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:5.7, Inflammation Score:-8, Nutrition Score:33.139130328013%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

## Nutrients (% of daily need)

Calories: 735.23kcal (36.76%), Fat: 31.65g (48.69%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 66.39g (24.14%), Sugar: 12.31g (13.68%), Cholesterol: 105.48mg (35.16%), Sodium: 1075.21mg (46.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.01g (84.02%), Vitamin B1: 1.27mg (84.6%), Vitamin B6: 1.62mg (80.79%), Vitamin B3: 15.16mg (75.78%), Selenium: 49.72µg (71.02%), Potassium: 2166.17mg (61.89%), Phosphorus: 573.14mg (57.31%), Vitamin C: 31.29mg (37.93%), Magnesium: 119.81mg (29.95%), Manganese: 0.59mg (29.62%), Copper: 0.55mg (27.73%), Vitamin B2: 0.46mg (27.22%), Fiber: 6.49g (25.95%), Zinc: 3.49mg (23.27%), Vitamin B5: 2.16mg (21.63%), Folate: 80.77µg (20.19%), Iron: 3.58mg (19.91%), Calcium: 188.58mg (18.86%), Vitamin B12: 0.96µg (15.95%), Vitamin A: 712.2IU (14.24%), Vitamin K: 10.3µg (9.81%), Vitamin D: 1.04µg (6.93%), Vitamin E: 0.24mg (1.62%)