



Saucy Slow Cooker Pork Chops

 Gluten Free  Dairy Free

READY IN



385 min.

SERVINGS



5

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 0.3 cup brown sugar
- 8 ounce tomato sauce canned
- 2 tablespoons cornstarch
- 2 bell peppers green sliced
- 3 tablespoons olive oil
- 1 onion sliced
- 5 pork chops boneless trimmed

- 1.5 teaspoons salt
- 2 teaspoons worcestershire sauce

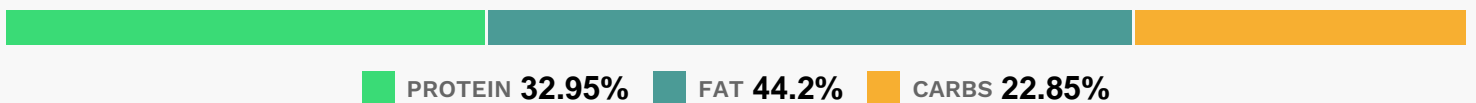
Equipment

- bowl
- frying pan
- whisk
- aluminum foil
- slow cooker

Directions

- Heat olive oil in a large skillet over medium heat; cook pork chops in the hot oil until browned, about 5 minutes per side.
- Transfer browned pork chops to a slow cooker; top pork chops with onion and green peppers.
- Whisk tomato sauce, brown sugar, vinegar, Worcestershire sauce, and salt together in a bowl.
- Pour sauce into slow cooker, gently stirring to coat meat and vegetables.
- Cook pork chops on Low until tender, 6 to 8 hours.
- Transfer pork chops to a serving platter; tent with aluminum foil to keep warm.
- Whisk cornstarch into sauce until thickened; spoon sauce and vegetables over pork chops.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:21.560869507168%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 367.63kcal (18.38%), Fat: 17.94g (27.6%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 18.98g (6.9%), Sugar: 14.61g (16.24%), Cholesterol: 89.78mg (29.93%), Sodium: 1014.16mg (44.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.19%), Selenium: 44.97µg (64.25%), Vitamin B1: 0.94mg (62.91%), Vitamin B6: 1.15mg (57.74%), Vitamin B3: 11.44mg (57.18%), Vitamin C: 43.39mg (52.59%), Phosphorus: 333.52mg (33.35%), Potassium: 786.3mg (22.47%), Vitamin B2: 0.3mg (17.63%), Zinc: 2.29mg (15.26%), Vitamin E: 2.22mg (14.8%), Magnesium: 50.17mg (12.54%), Vitamin B5: 1.2mg (12.03%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 9.96µg (9.49%), Copper: 0.18mg (8.98%), Iron: 1.59mg (8.85%), Manganese: 0.16mg (8.12%), Vitamin A: 380.22IU (7.6%), Fiber: 1.89g (7.57%), Calcium: 38.04mg (3.8%), Vitamin D: 0.54µg (3.57%), Folate: 13.32µg (3.33%)