



Simple Slow Cooker Pork Chops

 Dairy Free  Popular

READY IN



370 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 12 ounce mushrooms fresh sliced
- ☐ 1 onion sliced
- ☐ 1 ounce onion soup mix
- ☐ 4 pork chops
- ☐ 4 potatoes halved
- ☐ 0.5 cup water

☐ 1 tablespoon worcestershire sauce

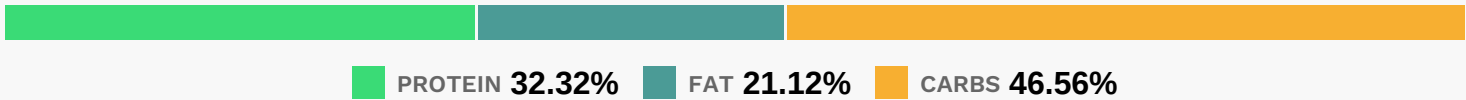
Equipment

☐ slow cooker

Directions

- ☐ Mix together cream of mushroom soup, golden mushroom soup, onion soup mix, brown sugar, Worcestershire sauce, and water in a slow cooker.
- ☐ Stir in onion, mushrooms, and potatoes.
- ☐ Place pork chops in the mushroom mixture, turning to coat both sides.
- ☐ Cover and cook on Low for 6 hours.
- ☐ Spoon the mushroom sauce over the pork chops and potatoes for serving.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:18.95, Inflammation Score:-5, Nutrition Score:22.903043288252%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 329.82kcal (16.49%), Fat: 7.77g (11.96%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 34.14g (12.41%), Sugar: 7.39g (8.21%), Cholesterol: 62.39mg (20.8%), Sodium: 833.49mg (36.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Vitamin B6: 1.2mg (59.89%), Vitamin B3: 11.25mg (56.26%), Vitamin B1: 0.79mg (52.61%), Selenium: 35.66µg (50.94%), Vitamin C: 31.05mg (37.64%), Phosphorus: 363.47mg (36.35%), Potassium: 1264.16mg (36.12%), Vitamin B2: 0.49mg (28.86%), Copper: 0.52mg (25.99%), Manganese: 0.46mg (23.01%), Vitamin B5: 2.08mg (20.83%), Zinc: 2.74mg (18.28%), Fiber: 4.42g (17.66%), Magnesium: 70.14mg (17.53%), Iron: 2.47mg (13.72%), Folate: 39.66µg (9.92%), Vitamin B12: 0.58µg (9.62%), Calcium: 44.94mg (4.49%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.87µg (2.73%)