



Slow Cooked Pork Barbeque

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



490 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 4 pork chops
- 4 servings salt and pepper to taste

Equipment

- slow cooker

Directions

- Put the chops in the slow cooker and pour a bottle of your favorite barbeque sauce over. With your hands, mix the sauce all over the chops making sure they are coated very well. Cover and cook on low for 8 hours.

Nutrition Facts

PROTEIN 28.58% **FAT 21.71%** **CARBS 49.71%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:18.271304672179%

Nutrients (% of daily need)

Calories: 427.13kcal (21.36%), Fat: 10.1g (15.54%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 50.9g (18.51%), Sugar: 42.35g (47.06%), Cholesterol: 89.78mg (29.93%), Sodium: 1572.11mg (68.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.85%), Selenium: 46.01µg (65.73%), Vitamin B1: 0.92mg (61.54%), Vitamin B3: 11.47mg (57.33%), Vitamin B6: 1.07mg (53.43%), Phosphorus: 328.35mg (32.84%), Potassium: 795.83mg (22.74%), Vitamin B2: 0.32mg (18.78%), Zinc: 2.29mg (15.3%), Magnesium: 51.43mg (12.86%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.18mg (11.83%), Manganese: 0.17mg (8.53%), Copper: 0.17mg (8.35%), Iron: 1.49mg (8.27%), Vitamin E: 1.19mg (7.97%), Vitamin A: 291.12IU (5.82%), Calcium: 51.6mg (5.16%), Fiber: 1.15g (4.59%), Vitamin D: 0.54µg (3.57%), Vitamin K: 2.3µg (2.19%)