

Slow Cooker BBQ Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



242 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 8 pork chops

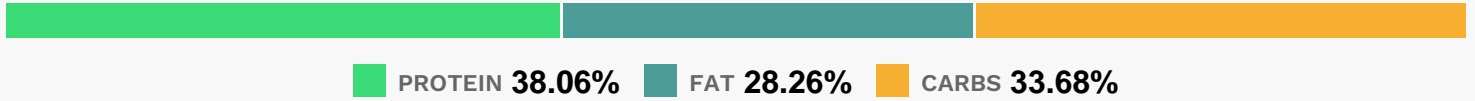
Equipment

- slow cooker

Directions

- Spread a thin layer of barbeque sauce on the bottom of a slow cooker. Alternately layer pork chops with barbeque sauce, pouring the remainder of the bottle over the top of the final layer of chops.
- Cook on HIGH setting for 3 to 4 hours, or all day on LOW setting.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.09478281144%

Nutrients (% of daily need)

Calories: 423.22kcal (21.16%), Fat: 12.94g (19.9%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 33.93g (12.34%), Sugar: 28.24g (31.37%), Cholesterol: 119.71mg (39.9%), Sodium: 961.76mg (41.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.4%), Selenium: 60.24µg (86.06%), Vitamin B1: 1.21mg (80.75%), Vitamin B3: 14.78mg (73.9%), Vitamin B6: 1.36mg (68.05%), Phosphorus: 420.8mg (42.08%), Potassium: 863.74mg (24.68%), Vitamin B2: 0.38mg (22.24%), Zinc: 2.91mg (19.43%), Vitamin B12: 0.95µg (15.78%), Magnesium: 57.51mg (14.38%), Vitamin B5: 1.44mg (14.38%), Copper: 0.16mg (8.06%), Iron: 1.44mg (7.99%), Vitamin E: 0.91mg (6.08%), Manganese: 0.12mg (5.98%), Vitamin D: 0.71µg (4.76%), Calcium: 40.57mg (4.06%), Vitamin A: 197.66IU (3.95%), Fiber: 0.77g (3.06%), Vitamin K: 1.53µg (1.46%)