



Slow Cooker Golden Mushroom Pork & Apples

 **Gluten Free**  **Dairy Free**

READY IN



480 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 21.5 ounces cream of mushroom soup canned
- 4 large apples i use 2 granny smith apples sliced
- 2 cups onion sliced
- 2 pounds pork chops boneless
- 1 teaspoon thyme leaves dried crushed
- 0.5 cup water
- 1 tablespoon worcestershire sauce

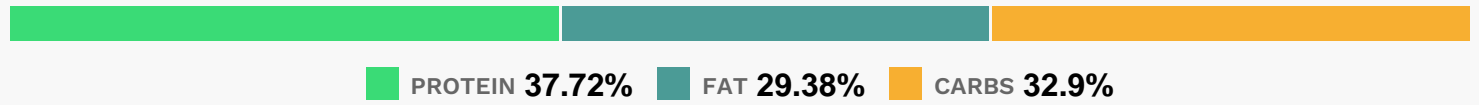
Equipment

slow cooker

Directions

- Stir the soup, water, brown sugar, Worcestershire and thyme in a 4-quart slow cooker.
- Add the pork, apples and onions.
- Cover and cook on LOW for 8 to 9 hours or until the pork is cooked through.
- Time-Saving: This recipe may also be cooked on HIGH for 4 to 5 hours.
- Serve with a field greens salad tossed with toasted walnuts, blue cheese crumbles and red wine vinaigrette with Texas toast or garlic bread. For dessert serve a fruit and yogurt parfait: layer strawberry yogurt with chunks of pineapple and green seedless grapes, then sprinkle with granola.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:4.9, Inflammation Score:-6, Nutrition Score:17.646956697754%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 303.81kcal (15.19%), Fat: 9.93g (15.28%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 21.48g (7.81%), Sugar: 14.96g (16.62%), Cholesterol: 79.79mg (26.6%), Sodium: 626.14mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin B1: 0.81mg (54.04%), Selenium: 37.76µg (53.95%), Vitamin B3: 9.91mg (49.56%), Vitamin B6: 0.95mg (47.45%), Phosphorus: 303.84mg (30.38%), Potassium: 717.2mg (20.49%), Zinc: 2.72mg (18.13%), Vitamin B2: 0.3mg (17.6%), Manganese: 0.33mg (16.62%), Fiber: 3.54g (14.17%), Copper: 0.27mg (13.51%), Vitamin B12: 0.72µg (12.05%), Magnesium: 45.35mg (11.34%), Vitamin B5: 1.09mg (10.89%), Vitamin C: 8.77mg (10.62%), Iron: 1.49mg (8.25%), Folate: 16.58µg (4.14%), Calcium: 31.85mg (3.19%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.63µg (2.51%), Vitamin E: 0.36mg (2.39%), Vitamin A: 79.1IU (1.58%)