



Slow-Cooker Pizza Pork Chops

READY IN



250 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 lb pork loin chops
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 2 cups pasta sauce
- ☐ 4 cups orzo pasta cooked
- ☐ 4 oz mozzarella cheese shredded

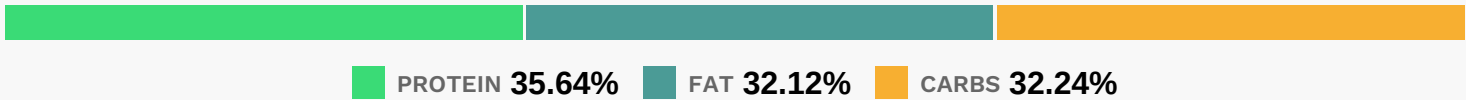
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Remove excess fat from pork.
- ☐ Sprinkle pork with salt and pepper. In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add pork; cook about 5 minutes, turning once, until brown.
- ☐ Place pork in 3 1/2- to 4-quart slow cooker.
- ☐ Sprinkle onion over pork.
- ☐ Add pasta sauce.
- ☐ Cover; cook on Low heat setting 4 to 6 hours.
- ☐ Place orzo on platter. Top with pork and sauce.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:19.37, Inflammation Score:-6, Nutrition Score:28.4939133188%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 562.5kcal (28.13%), Fat: 19.72g (30.33%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 40.8g (14.84%), Sugar: 4.37g (4.85%), Cholesterol: 128.9mg (42.97%), Sodium: 782.83mg (34.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.21g (98.42%), Selenium: 92.99µg (132.84%), Vitamin B1: 1.19mg (79.4%), Vitamin B3: 14.93mg (74.66%), Vitamin B6: 1.4mg (69.96%), Phosphorus: 549.68mg (54.97%), Potassium: 966.84mg (27.62%), Zinc: 4.03mg (26.85%), Manganese: 0.53mg (26.74%), Vitamin B2:

0.45mg (26.47%), Vitamin B12: 1.33µg (22.21%), Magnesium: 84.18mg (21.04%), Iron: 3.35mg (18.62%), Vitamin B5: 1.67mg (16.73%), Copper: 0.32mg (16.12%), Fiber: 3.72g (14.87%), Calcium: 131.07mg (13.11%), Vitamin E: 1.7mg (11.31%), Vitamin A: 488.9IU (9.78%), Vitamin C: 6.7mg (8.13%), Vitamin K: 7.08µg (6.74%), Vitamin D: 0.76µg (5.04%), Folate: 19.95µg (4.99%)