



Slow Cooker Pork Cacciatore

 Gluten Free

READY IN



525 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced canned
- 0.5 teaspoon basil dried
- 0.5 cup cooking wine dry white
- 8 ounce mushrooms fresh sliced
- 2 large cloves garlic minced
- 1 bell pepper green seeded sliced into strips
- 1 teaspoon penzey's southwest seasoning italian
- 4 slices mozzarella cheese

- 2 tablespoons olive oil
- 1 onion sliced
- 28 ounce pasta sauce
- 4 pork chops boneless

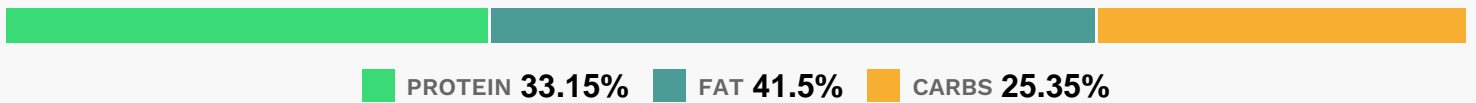
Equipment

- frying pan
- slow cooker

Directions

- In a large skillet, brown chops over medium-high heat.
- Transfer to slow cooker.
- In the same pan, cook onion in oil over medium heat until browned. Stir in mushrooms and bell pepper, and cook until these vegetables are soft.
- Mix in pasta sauce, diced tomatoes, and white wine. Season with Italian seasoning, basil, and garlic.
- Pour over pork chops in slow cooker.
- Cook on Low for 7 to 8 hours. To serve, place a slice of cheese over each chop, and cover with sauce.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:8.96, Inflammation Score:-9, Nutrition Score:42.990869770879%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 523.59kcal (26.18%), Fat: 24.09g (37.06%), Saturated Fat: 8.21g (51.28%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 24.52g (8.92%), Sugar: 19.42g (21.57%), Cholesterol: 112.16mg (37.39%), Sodium: 1451.5mg (63.11%), Alcohol: 3.09g (100%), Alcohol %: 0.55% (100%), Protein: 43.29g (86.59%), Vitamin B3: 17.42mg (87.09%), Vitamin B6: 1.67mg (83.73%), Selenium: 57.23µg (81.76%), Vitamin B1: 1.18mg (78.65%), Vitamin C: 59.77mg (72.45%), Phosphorus: 591.69mg (59.17%), Potassium: 2001.68mg (57.19%), Vitamin B2: 0.81mg (47.9%), Vitamin E: 6.8mg (45.34%), Copper: 0.89mg (44.58%), Manganese: 0.79mg (39.46%), Fiber: 8.58g (34.31%), Iron: 6.16mg (34.24%), Vitamin A: 1603.02IU (32.06%), Magnesium: 126.4mg (31.6%), Vitamin B5: 3.12mg (31.19%), Zinc: 4.33mg (28.88%), Calcium: 274.99mg (27.5%), Vitamin K: 28.65µg (27.28%), Vitamin B12: 1.38µg (22.98%), Folate: 65.4µg (16.35%), Vitamin D: 0.76µg (5.08%)