



HEALTH SCORE

100%

Slow-Cooker Pork Chop Supper

 Dairy Free  Very Healthy

READY IN



390 min.

SERVINGS



6

CALORIES



3071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pork loin
- 1.5 lb potatoes - remove skin red cut into eighths
- 10.8 oz cream of mushroom soup canned
- 4.5 oz mushrooms drained sliced
- 2 tablespoons wine dry white
- 0.3 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 0.5 teaspoon worcestershire sauce

- 3 tablespoons flour all-purpose
- 1 tablespoon pimientos diced (from 2-oz jar)
- 2 cups peas sweet frozen rinsed drained

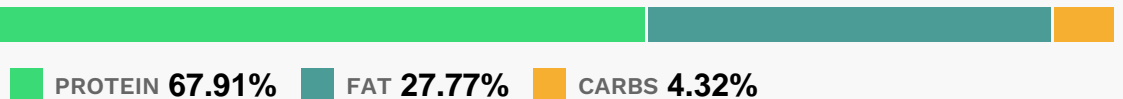
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat 12-inch nonstick skillet over medium-high heat. Cook pork chops in skillet 2 to 4 minutes, turning once, until brown.
- Spray 4- to 5-quart slow cooker with cooking spray.
- Place potatoes in cooker. In medium bowl, mix soup, mushrooms, wine, thyme, garlic powder, Worcestershire sauce and flour. Spoon half of the soup mixture over potatoes.
- Place pork on potatoes; cover with remaining soup mixture.
- Cover; cook on Low heat setting 6 to 7 hours.
- Remove pork from cooker; keep warm. Stir pimientos and peas into cooker. Cover; cook on Low heat setting about 15 minutes longer or until peas are tender.
- Serve with pork.

Nutrition Facts



Properties

Glycemic Index:43.56, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:64.838695609051%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 3071.34kcal (153.57%), Fat: 90.81g (139.71%), Saturated Fat: 28.1g (175.6%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 26.58g (9.67%), Sugar: 4.82g (5.36%), Cholesterol: 1385.39mg (461.8%), Sodium: 1466.97mg (63.78%), Alcohol: 0.51g (100%), Alcohol %: 0.03% (100%), Protein: 499.69g (999.38%), Selenium: 612.77µg (875.39%), Vitamin B6: 16.9mg (845.21%), Vitamin B1: 10mg (666.89%), Vitamin B3: 129.89mg (649.47%), Phosphorus: 5100.04mg (510%), Zinc: 41.2mg (274.67%), Potassium: 8994.68mg (256.99%), Vitamin B2: 4.34mg (255.41%), Vitamin B12: 11.28µg (188.07%), Vitamin B5: 17.16mg (171.55%), Magnesium: 618.96mg (154.74%), Copper: 1.69mg (84.46%), Iron: 14.15mg (78.6%), Vitamin D: 8.82µg (58.82%), Vitamin C: 32.33mg (39.19%), Manganese: 0.71mg (35.58%), Fiber: 5.19g (20.76%), Vitamin E: 2.96mg (19.7%), Folate: 66.28µg (16.57%), Vitamin K: 15.57µg (14.83%), Calcium: 138.1mg (13.81%), Vitamin A: 448.42IU (8.97%)