



Slow Cooker Pork Chops



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

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485 min.

SERVINGS

servings

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4

CALORIES

calories

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229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 pork chops



16 ounces sauerkraut with juice

Equipment

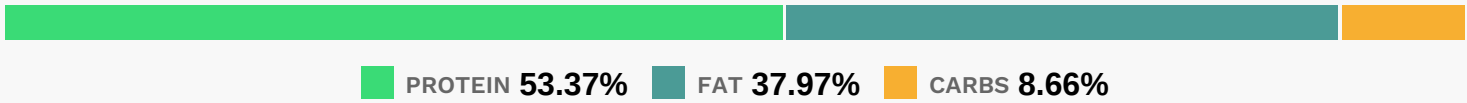


slow cooker

Directions

Place the chops in the bottom the slow cooker and pour the sauerkraut over the top. Cook on low for 8 to 9 hours or on high for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:19.591739011847%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 229.25kcal (11.46%), Fat: 9.46g (14.55%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 1.56g (0.57%), Sugar: 2.02g (2.24%), Cholesterol: 89.78mg (29.93%), Sodium: 813.88mg (35.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.82%), Selenium: 45.03µg (64.33%), Vitamin B1: 0.92mg (61.17%), Vitamin B6: 1.12mg (56.01%), Vitamin B3: 10.87mg (54.33%), Phosphorus: 325.52mg (32.55%), Vitamin C: 16.67mg (20.21%), Potassium: 692.6mg (19.79%), Vitamin B2: 0.27mg (16.05%), Zinc: 2.29mg (15.28%), Vitamin K: 14.74µg (14.04%), Fiber: 3.29g (13.15%), Iron: 2.34mg (12.98%), Magnesium: 49.58mg (12.4%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.08mg (10.8%), Copper: 0.18mg (9.2%), Manganese: 0.18mg (9.03%), Folate: 27.22µg (6.8%), Calcium: 43.4mg (4.34%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.33mg (2.22%)