



## Slow-Cooker Pork Chops

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

READY IN



490 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb pork loin chops bone-in
- 0.3 teaspoon pepper black
- 2 cloves garlic finely chopped
- 18 oz cream of mushroom soup canned
- 1 cup rice long-grain white uncooked
- 2 tablespoons cornstarch
- 2 tablespoons water

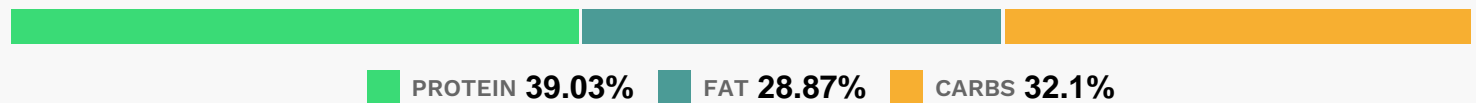
### Equipment

slow cooker

## Directions

- Sprinkle pork chops with pepper.
- Place pork chops in 3 1/2- to 4-quart slow cooker.
- Sprinkle with garlic.
- Pour soup over pork chops.
- Cover; cook on Low heat setting 7 to 8 hours or until the pork is fork-tender.
- Remove pork chops from slow cooker and place on plate; cover to keep warm.
- About 30 minutes before serving, make rice as directed on package. Stir together cornstarch and water. Stir cornstarch mixture into mushroom sauce in slow cooker.
- Heat in slow cooker 5 minutes.
- Serve sauce over pork chops and rice.

## Nutrition Facts



## Properties

Glycemic Index:20.53, Glycemic Load:14.94, Inflammation Score:-2, Nutrition Score:21.542608942675%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 410.64kcal (20.53%), Fat: 12.75g (19.61%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 31.25g (11.37%), Sugar: 0.05g (0.05%), Cholesterol: 105.55mg (35.18%), Sodium: 677.79mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.55%), Selenium: 54.92µg (78.46%), Vitamin B1: 1.05mg (69.94%), Vitamin B3: 13.34mg (66.72%), Vitamin B6: 1.19mg (59.75%), Phosphorus: 403.84mg (40.38%), Manganese: 0.63mg (31.5%), Zinc: 3.63mg (24.2%), Vitamin B2: 0.35mg (20.42%), Potassium: 711.78mg (20.34%), Copper: 0.33mg (16.44%), Vitamin B5: 1.58mg (15.81%), Vitamin B12: 0.94µg (15.62%), Magnesium: 53.5mg (13.37%), Iron: 1.64mg (9.09%), Vitamin D: 0.6µg (4.03%), Fiber: 0.64g (2.55%), Calcium: 25mg (2.5%), Folate: 8.46µg (2.12%), Vitamin E: 0.23mg (1.55%)