



Slow Cooker Pork Chops and Rice

READY IN



490 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces beef broth
- ☐ 0.3 cup brown rice uncooked
- ☐ 0.3 cup butter
- ☐ 5 ounce water chestnuts drained sliced canned
- ☐ 1 ounce onion soup mix dry
- ☐ 4 ounces mushrooms fresh sliced
- ☐ 8 ounces peas green
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 4 center cut pork chops boneless
- ☐ 0.5 cup water
- ☐ 0.7 cup rice white uncooked
- ☐ 1 tablespoon worcestershire sauce

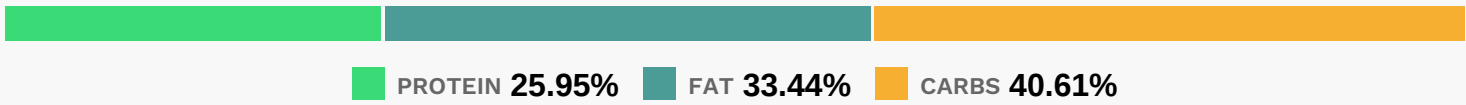
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet over medium heat, brown pork chops on both sides.
- ☐ Lightly spray the slow cooker with cooking spray. Then place brown and white rice, onion, butter, peas, water chestnuts, and mushrooms in the slow cooker.
- ☐ Pour in water, broth, and Worcestershire sauce. Stir in onion soup mix, season with pepper, and top with pork chops.
- ☐ Cover, and cook on Low setting for 7 to 9 hours, or on High setting for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:24.45, Inflammation Score:-8, Nutrition Score:31.706956624985%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 596.71kcal (29.84%), Fat: 22g (33.84%), Saturated Fat: 10.88g (67.97%), Carbohydrates: 60.1g (20.03%), Net Carbohydrates: 53.39g (19.41%), Sugar: 6.79g (7.54%), Cholesterol: 120.28mg (40.09%), Sodium: 1056.64mg (45.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.41g (76.81%), Vitamin B1: 1.19mg (79.66%),

Selenium: 54.18µg (77.4%), Vitamin B3: 15.01mg (75.03%), Vitamin B6: 1.39mg (69.53%), Manganese: 1.35mg (67.61%), Phosphorus: 512.66mg (51.27%), Vitamin C: 26.26mg (31.83%), Vitamin B2: 0.52mg (30.74%), Potassium: 1030.71mg (29.45%), Fiber: 6.71g (26.83%), Zinc: 3.93mg (26.22%), Magnesium: 98.52mg (24.63%), Copper: 0.48mg (24.07%), Vitamin B5: 2.2mg (22.03%), Iron: 3.16mg (17.57%), Vitamin A: 799.84IU (16%), Vitamin K: 15.82µg (15.07%), Folate: 56.52µg (14.13%), Vitamin B12: 0.8µg (13.25%), Calcium: 69.32mg (6.93%), Vitamin E: 0.91mg (6.06%), Vitamin D: 0.59µg (3.95%)