



Slow Cooker Pork Chops and Rice

READY IN



490 min.

SERVINGS



4

CALORIES



715 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
- 4 ounces mushrooms fresh sliced
- 8 ounces peas green
- 0.5 cup onion chopped

- 0.5 teaspoon pepper
- 4 pork chops boneless
- 0.5 cup water
- 0.7 cup rice white uncooked
- 0.7 cup rice white uncooked
- 1 tablespoon worcestershire sauce

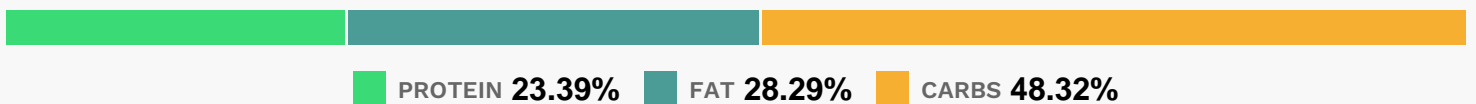
Equipment

- 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:99.61, Glycemic Load:39.49, Inflammation Score:-8, Nutrition Score:35.614347934723%

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: 715.49kcal (35.77%), Fat: 22.3g (34.3%), Saturated Fat: 10.94g (68.41%), Carbohydrates: 85.67g (28.56%), Net Carbohydrates: 78.28g (28.47%), Sugar: 7.38g (8.21%), Cholesterol: 120.28mg (40.09%), Sodium: 1059.6mg (46.07%), Alcohol: Og (100%), Protein: 41.48g (82.96%), Selenium: 61.47µg (87.82%), Manganese: 1.7mg (85.05%), Vitamin B1: 1.24mg (82.63%), Vitamin B3: 16.52mg (82.61%), Vitamin B6: 1.47mg (73.54%), Phosphorus: 572.5mg (57.25%), Vitamin B2: 0.65mg (38.33%), Potassium: 1156.32mg (33.04%), Vitamin C: 26.85mg (32.55%), Copper: 0.64mg (31.97%), Fiber: 7.39g (29.57%), Zinc: 4.42mg (29.44%), Vitamin B5: 2.94mg (29.4%), Magnesium: 108.78mg (27.19%), Iron: 3.55mg (19.73%), Vitamin A: 799.84IU (16%), Folate: 63.81µg (15.95%), Vitamin K: 15.85µg (15.1%), Vitamin B12: 0.81µg (13.44%), Calcium: 78.81mg (7.88%), Vitamin E: 0.95mg (6.31%), Vitamin D: 0.65µg (4.33%)