



Slow-Cooker Pork Chops with Apple-Cherry Stuffing

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz bread stuffing mix
- 1 cup celery stalks chopped
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when peeled chopped
- 0.5 cup onion chopped
- 1 cup cherries dried
- 0.3 cup butter melted
- 1 cup chicken broth (from 32-oz carton)

2 lb pork loin boneless

Equipment

bowl

slow cooker

Directions

Generously spray 5- to 6-quart slow cooker with cooking spray.

In large bowl, mix all ingredients except pork. Arrange pork chops in bottom of slow cooker. Evenly spoon stuffing mixture over pork chops.

Cover; cook on low heat setting 3 to 4 hours or until pork is at least 145°F and stuffing is 165°F.

Nutrition Facts



PROTEIN 34.33% **FAT 29.43%** **CARBS 36.24%**

Properties

Glycemic Index:15.17, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:22.088695764542%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 462.13kcal (23.11%), Fat: 14.88g (22.89%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 37.41g (13.6%), Sugar: 15.93g (17.7%), Cholesterol: 96.32mg (32.11%), Sodium: 724.34mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.1%), Selenium: 55.78µg (79.69%), Vitamin B6: 1.22mg (61.12%), Vitamin B1: 0.86mg (57.41%), Vitamin B3: 10.5mg (52.49%), Phosphorus: 394.11mg (39.41%), Vitamin B2: 0.44mg (26.03%), Vitamin A: 1143.94IU (22.88%), Potassium: 731.77mg (20.91%), Zinc: 3.07mg (20.44%), Fiber: 3.8g (15.22%), Folate: 56.94µg (14.24%), Magnesium: 55.55mg (13.89%), Vitamin B12: 0.79µg (13.23%), Vitamin B5: 1.32mg (13.21%), Iron: 2.34mg (12.99%), Manganese: 0.24mg (11.94%), Copper: 0.18mg (8.89%),

Calcium: 68.69mg (6.87%), Vitamin K: 5.76µg (5.48%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.6µg (4.03%), Vitamin C: 2.49mg (3.01%)