



 **74%**  
HEALTH SCORE

# Slow-Cooker Pork Chops with Apple-Cherry Stuffing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**495 min.**

SERVINGS



**6**

CALORIES



**3079 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

6 ounces turkey

## Equipment

slow cooker

## Directions

Spray inside of 4- to 5-quart slow cooker with cooking spray.

Mix all ingredients except pork.

Place half of the stuffing mixture in slow cooker; top with pork. Spoon remaining stuffing mixture over pork.

Cover and cook on low heat setting 6 to 8 hours or until pork is tender. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

## Nutrition Facts

 **PROTEIN 67.46%** **FAT 29.88%** **CARBS 2.66%**

## Properties

Glycemic Index:15.17, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:60.279999981756%

## 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: 3078.9kcal (153.95%), Fat: 98.03g (150.81%), Saturated Fat: 29.29g (183.07%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 16.72g (6.08%), Sugar: 13.6g (15.11%), Cholesterol: 1398.13mg (466.04%), Sodium: 1350.03mg (58.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 497.9g (995.79%), Selenium: 612.59µg

(875.13%), Vitamin B6: 16.73mg (836.53%), Vitamin B1: 9.76mg (650.39%), Vitamin B3: 127.82mg (639.07%), Phosphorus: 4989.52mg (498.95%), Zinc: 39.95mg (266.32%), Vitamin B2: 4.19mg (246.3%), Potassium: 8350.93mg (238.6%), Vitamin B12: 11.46µg (190.96%), Vitamin B5: 16.6mg (165.98%), Magnesium: 580.63mg (145.16%), Iron: 12.47mg (69.26%), Copper: 1.31mg (65.56%), Vitamin D: 8.84µg (58.94%), Vitamin A: 1154.65IU (23.09%), Vitamin E: 3.27mg (21.77%), Calcium: 145.6mg (14.56%), Fiber: 2.9g (11.59%), Manganese: 0.22mg (10.8%), Vitamin K: 5.44µg (5.18%), Vitamin C: 2.49mg (3.01%), Folate: 10.72µg (2.68%)