



Slow-Cooker Pork Chops with Apple Chutney



Gluten Free



Dairy Free



Popular

READY IN



260 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork loin chops bone-in trimmed of fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 6 tablespoons brown sugar packed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red (cayenne)

- ☐ 0.3 cup cranberries dried sweetened
- ☐ 2 cups apples peeled chopped

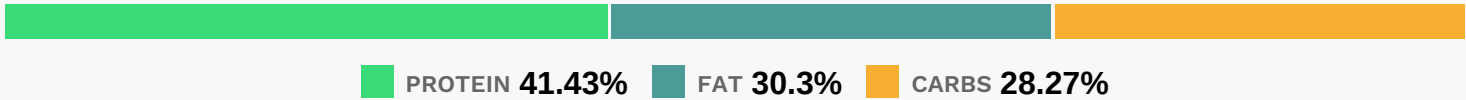
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Sprinkle pork with salt and pepper; place in cooker.
- ☐ In small bowl, mix brown sugar, vinegar, ginger, cinnamon, red pepper and cranberries. Spoon over pork in cooker; top with apples.
- ☐ Cover; cook on Low heat setting 4 hours to 4 hours 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:27.230434907519%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 480.96kcal (24.05%), Fat: 15.98g (24.59%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.23g (11.36%), Sugar: 29.53g (32.81%), Cholesterol: 151.95mg (50.65%), Sodium: 260.87mg

(11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.33%), Selenium: 75.65µg (108.07%), Vitamin B1: 1.53mg (101.68%), Vitamin B3: 18.3mg (91.51%), Vitamin B6: 1.69mg (84.49%), Phosphorus: 523.08mg (52.31%), Potassium: 958.92mg (27.4%), Vitamin B2: 0.44mg (25.9%), Zinc: 3.59mg (23.92%), Vitamin B12: 1.2µg (20.03%), Manganese: 0.36mg (18.03%), Vitamin B5: 1.73mg (17.33%), Magnesium: 66.17mg (16.54%), Fiber: 2.3g (9.21%), Iron: 1.55mg (8.58%), Copper: 0.16mg (8.2%), Vitamin D: 0.91µg (6.05%), Calcium: 42.18mg (4.22%), Vitamin E: 0.62mg (4.11%), Vitamin C: 3.01mg (3.65%), Vitamin K: 2.42µg (2.3%), Vitamin A: 97.14IU (1.94%)