



Slow-Cooker Pork Chops with Cheesy Corn Bread Stuffing

READY IN



375 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork loin boneless
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 16 oz bread stuffing mix (6 cups)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper green red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.5 cups water

☐ 4 oz cheddar cheese shredded finely

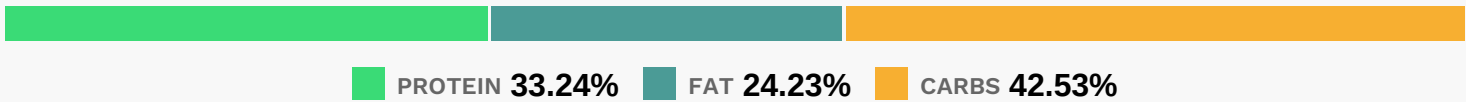
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray.
- ☐ Sprinkle pork chops with peppered seasoned salt. Cook pork in skillet over medium heat 5 to 6 minutes, turning occasionally, until brown on both sides.
- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Mix remaining ingredients except cheese in cooker. Arrange pork on stuffing, layering as necessary.
- ☐ Cover and cook on Low heat setting 5 to 6 hours.
- ☐ Remove pork from cooker. Stir cheese into stuffing in cooker until melted.
- ☐ Serve pork with stuffing.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:28.801739402439%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 576.49kcal (28.82%), Fat: 15.17g (23.34%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 57.05g (20.75%), Sugar: 7.18g (7.98%), Cholesterol: 114.91mg (38.3%), Sodium: 1847.07mg (80.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.84g (93.67%), Selenium: 83.59µg (119.41%), Vitamin B1: 1.14mg (75.94%), Vitamin B6: 1.31mg (65.69%), Vitamin B3: 13.13mg (65.67%), Phosphorus: 539.88mg (53.99%),

Vitamin B2: 0.68mg (39.96%), Folate: 134.82µg (33.71%), Zinc: 4.17mg (27.81%), Manganese: 0.5mg (24.91%), Potassium: 808.34mg (23.1%), Calcium: 222.81mg (22.28%), Iron: 3.83mg (21.28%), Magnesium: 78.5mg (19.62%), Vitamin B12: 0.99µg (16.44%), Vitamin B5: 1.53mg (15.35%), Copper: 0.3mg (15.22%), Vitamin C: 11.24mg (13.62%), Fiber: 2.88g (11.52%), Vitamin A: 245.01IU (4.9%), Vitamin D: 0.72µg (4.79%), Vitamin E: 0.67mg (4.49%), Vitamin K: 2.26µg (2.15%)