



Slow-Cooker Pork Chops with Corn Stuffing

 Dairy Free

READY IN



320 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery chopped
- 1.8 cups chicken broth (from 32-oz carton)
- 1 eggs beaten
- 0.3 cup onion chopped
- 1.5 lb pork loin boneless
- 0.3 teaspoon sage dried crushed
- 1 teaspoon lawry's seasoned salt
- 4 cups pepperidge farm sage and onion stuffing stuffing

- 1 tablespoon vegetable oil
- 11 oz corn whole with red and green peppers, drained canned

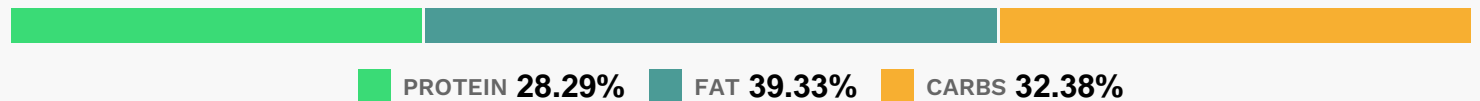
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In 12-inch skillet, heat oil over medium heat. Cook pork in oil about 5 minutes, turning once, until brown; drain.
- Sprinkle pork with seasoned salt. In large bowl, mix remaining ingredients.
- Spray inside of 3 1/2- to 4-quart slow cooker with cooking spray. Spoon stuffing mixture into cooker. Arrange pork chops in 2 layers over stuffing.
- Cover; cook on Low heat setting 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:22.697826084883%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 462.75kcal (23.14%), Fat: 19.95g (30.69%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 32.82g (11.93%), Sugar: 3.53g (3.92%), Cholesterol: 100.09mg (33.36%), Sodium: 1438.24mg (62.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.57%), Selenium: 100.4µg (143.44%), Vitamin B1: 0.71mg (47.59%), Vitamin B6: 0.94mg (46.81%), Vitamin B3: 9.08mg (45.39%), Phosphorus: 353.7mg (35.37%), Vitamin B2: 0.44mg (26.07%), Vitamin K: 24.95µg (23.76%), Copper: 0.45mg (22.59%), Folate: 74.82µg

(18.7%), Potassium: 637.58mg (18.22%), Zinc: 2.73mg (18.18%), Fiber: 4.12g (16.48%), Manganese: 0.32mg (16.13%), Vitamin E: 2.33mg (15.52%), Magnesium: 54.51mg (13.63%), Iron: 2.4mg (13.33%), Vitamin B12: 0.67µg (11.18%), Vitamin B5: 1.1mg (11%), Vitamin A: 496.23IU (9.92%), Calcium: 61.91mg (6.19%), Vitamin D: 0.6µg (4%), Vitamin C: 1.64mg (1.99%)