



Slow-Cooker Pork Chops with Cranberry-Cornbread Stuffing

 Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 0.3 cup pecans chopped
- 0.5 cup cranberries
- 2.3 lb pork loin boneless
- 2 teaspoons lawry's seasoned salt
- 3 cups pepperidge farm sage and onion stuffing stuffing (16-oz size)
- 0.5 cup cranberries dried sweetened

1 cup water

Equipment

ziploc bags

slow cooker

Directions

Place pork chops in large resealable food-storage plastic bag.

Add seasoned salt; shake bag to coat pork.

Spray 5- to 6-quart slow cooker with cooking spray. In cooker, mix remaining ingredients except cranberry relish. Arrange pork chops on stuffing mixture.

Cover; cook on Low heat setting 4 to 5 hours.

Serve pork and stuffing with cranberry relish.

Nutrition Facts

PROTEIN 31.4% **FAT 44.76%** **CARBS 23.84%**

Properties

Glycemic Index:9.17, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:24.899130655372%

Flavonoids

Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 535.86kcal (26.79%), Fat: 26.51g (40.79%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 27.61g (10.04%), Sugar: 9.98g (11.09%), Cholesterol: 107.16mg (35.72%), Sodium:

1429.34mg (62.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.68%), Selenium: 97.16µg (138.8%), Vitamin B6: 1.34mg (67.16%), Vitamin B1: 0.92mg (61.52%), Vitamin B3: 11.37mg (56.83%), Phosphorus: 441.2mg (44.12%), Vitamin B2: 0.44mg (25.82%), Zinc: 3.57mg (23.81%), Manganese: 0.44mg (22.2%), Potassium: 744.53mg (21.27%), Fiber: 4.17g (16.69%), Magnesium: 63.32mg (15.83%), Vitamin E: 2.3mg (15.33%), Vitamin B12: 0.89µg (14.78%), Vitamin B5: 1.44mg (14.42%), Vitamin K: 15.04µg (14.33%), Vitamin A: 658.87IU (13.18%), Iron: 2.19mg (12.16%), Copper: 0.24mg (12.15%), Folate: 40.18µg (10.04%), Calcium: 49.76mg (4.98%), Vitamin D: 0.68µg (4.54%), Vitamin C: 1.26mg (1.52%)