



HEALTH SCORE

89%

Slow Cooker Sweet and Sour Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



250 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2.5 pounds pork loin boneless cubed
- ☐ 2 tablespoons brown sugar
- ☐ 1 large carrots diced peeled
- ☐ 2 stalks celery cut into 1/2 inch pieces
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 teaspoon ginger root fresh minced
- ☐ 0.3 teaspoon garlic minced

- ☐ 1 small bell pepper green cut into 1 inch pieces
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 4 ounce mushrooms whole drained
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 large onion cut into 1-inch cubes
- ☐ 2 dashes pepper sauce hot to taste
- ☐ 1 cup pineapple in juice diced canned
- ☐ 1 cup reserved pineapple juice from the can
- ☐ 2 tablespoons sherry wine
- ☐ 6 ounce tomato paste canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place the onions in the bottom of a 5 quart slow cooker.
- ☐ Layer carrots over the onions, followed by layers of celery, mushrooms, and pineapple. Season pork chops with salt and pepper.
- ☐ Place them on top of the vegetables. If you like, you may brown them in a hot skillet first.
- ☐ In a medium bowl, stir together the pineapple juice, sherry, cider vinegar, and soy sauce. Stir in the cornstarch until dissolved.
- ☐ Mix in the brown sugar, white pepper, ginger, mustard powder, garlic, salt, pepper, hot pepper sauce and tomato paste.
- ☐ Pour this over the pork chops and vegetables. The sauce will taste less sharp after a few hours in the slow cooker. Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours.

Nutrition Facts



 **PROTEIN 52.92%**  **FAT 21.39%**  **CARBS 25.69%**

Properties

Glycemic Index:90.96, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:39.701738938041%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 519.8kcal (25.99%), Fat: 12.07g (18.56%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 28.92g (10.52%), Sugar: 23.9g (26.56%), Cholesterol: 178.6mg (59.53%), Sodium: 520.44mg (22.63%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 67.17g (134.34%), Vitamin B6: 2.47mg (123.75%), Selenium: 82.38µg (117.68%), Vitamin B1: 1.44mg (96%), Vitamin B3: 18.56mg (92.82%), Phosphorus: 726.58mg (72.66%), Vitamin A: 3283.36IU (65.67%), Potassium: 1654.2mg (47.26%), Vitamin B2: 0.75mg (43.91%), Vitamin C: 34.13mg (41.37%), Zinc: 5.72mg (38.14%), Manganese: 0.61mg (30.31%), Magnesium: 116.51mg (29.13%), Vitamin B5: 2.89mg (28.9%), Vitamin B12: 1.46µg (24.29%), Copper: 0.47mg (23.72%), Iron: 2.99mg (16.64%), Fiber: 3.7g (14.78%), Vitamin K: 12.58µg (11.99%), Folate: 46.72µg (11.68%), Vitamin E: 1.21mg (8.08%), Vitamin D: 1.19µg (7.94%), Calcium: 78.54mg (7.85%)