



Slow Cooker Thai Peanut Pork



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 2 limes cut into wedges
- ☐ 32 ounce pork loin chops boneless
- ☐ 2 bell pepper red seeded sliced into strips
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons rice vinegar

- ☐ 0.3 cup roasted peanuts chopped
- ☐ 0.5 cup teriyaki sauce

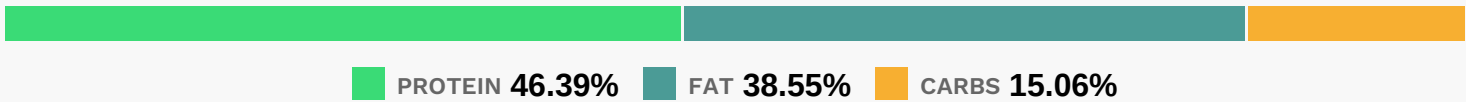
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Coat a slow cooker with cooking spray.
- ☐ Place the bell pepper strips and pork chops into the slow cooker.
- ☐ Pour the teriyaki sauce, vinegar, red pepper flakes, and garlic over the pork chops.
- ☐ Cover and cook on Low until the pork is very tender, 8 to 9 hours. Once tender, remove the pork from the slow cooker, and whisk in the peanut butter until smooth. Return the pork to the slow cooker, and cook 10 minutes more.
- ☐ Pour into a serving dish and sprinkle with green onions and peanuts to garnish. Decorate with lime wedges to serve.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:19.974347933479%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 257.56kcal (12.88%), Fat: 11.14g (17.14%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.09g (5.66%), Cholesterol: 71.44mg (23.81%), Sodium: 806.14mg (35.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.31%), Vitamin C: 44.37mg (53.78%), Vitamin B6:

1.03mg (51.69%), Selenium: 32.59µg (46.56%), Vitamin B3: 8.89mg (44.44%), Vitamin B1: 0.56mg (37.33%), Phosphorus: 342.97mg (34.3%), Vitamin A: 1076.35IU (21.53%), Potassium: 650.56mg (18.59%), Magnesium: 68.18mg (17.04%), Zinc: 2.49mg (16.61%), Vitamin B2: 0.28mg (16.51%), Manganese: 0.3mg (14.86%), Vitamin K: 14.8µg (14.09%), Vitamin B5: 1.17mg (11.72%), Vitamin E: 1.52mg (10.13%), Vitamin B12: 0.58µg (9.64%), Copper: 0.17mg (8.7%), Fiber: 2.17g (8.68%), Iron: 1.54mg (8.56%), Folate: 33.24µg (8.31%), Calcium: 33.22mg (3.32%), Vitamin D: 0.45µg (3.02%)