



Spiced Plum Pork Chops

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup pineapple juice
- ☐ 4 plums pitted ripe quartered
- ☐ 16 servings pork chops boneless 3/

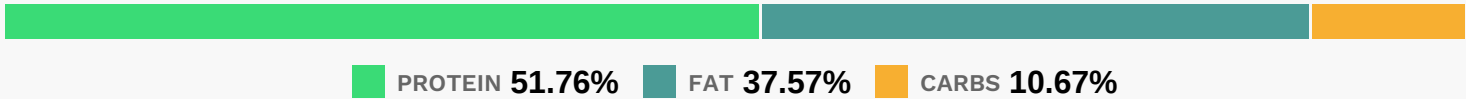
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place the pork chops, and plums into a slow cooker.
- ☐ Mix together the pineapple juice, balsamic vinegar, brown sugar, cinnamon, ginger, and nutmeg in a bowl, stirring to dissolve the sugar, and pour the mixture over the pork chops and plums. Cook on Low for 8 hours.

Nutrition Facts



Properties

Glycemic Index:52.42, Glycemic Load:5.84, Inflammation Score:-7, Nutrition Score:39.983478152234%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 928.16kcal (46.41%), Fat: 37.49g (57.68%), Saturated Fat: 13.18g (82.4%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.64g (8.23%), Sugar: 20.94g (23.27%), Cholesterol: 359.12mg (119.71%), Sodium: 262.63mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 116.22g (232.44%), Selenium: 177.66µg (253.79%), Vitamin B1: 3.62mg (241.32%), Vitamin B3: 43.21mg (216.05%), Vitamin B6: 3.96mg (198.01%), Phosphorus: 1228.14mg (122.81%), Potassium: 2185.6mg (62.45%), Vitamin B2: 1.02mg (59.91%), Zinc: 8.45mg (56.32%), Vitamin B12: 2.84µg (47.35%), Vitamin B5: 4.02mg (40.25%), Magnesium: 151.86mg (37.96%), Manganese: 0.44mg (22.18%), Copper: 0.38mg (18.91%), Iron: 3.12mg (17.34%), Vitamin D: 2.14µg (14.29%), Vitamin C: 10.72mg (12.99%), Calcium: 62.24mg (6.22%), Vitamin E: 0.89mg (5.93%), Fiber: 1.32g (5.29%), Vitamin A: 252.99IU (5.06%), Vitamin K: 4.51µg

(4.3%), Folate: 11.5µg (2.87%)