AMERICAN · DINNER

# Slow-Cooker Smothered Pork Chops

380 min · Serves 4 · 620 kcal a serve · Video 9:56 · Ketogenic Woman

Carnivore · Gluten-free ingredients · No nuts listed

Each serve has about 37 g protein, mostly from the pork, and is rich in selenium and vitamin B6. The cream-cheese gravy makes it very high in saturated fat, so spoon on only part of it; the cook keeps the extra for another meal.

**Diet notes:** Keto (3.4 g net carbs a serve).

**Scan for the video,** full nutrition and more free recipes

## Ingredients 7 · SERVES 4

- [ ] 4 **pork chops**, thick-cut and bone-in (loin, or shoulder chops)
- [ ] 1 tsp **sea salt**
- [ ] a pinch of **white pepper**
- [ ] about 1½ tbsp **beef tallow** (a little over 1 tbsp, plus a little more for the second batch)
- [ ] ½ cup **chicken broth**, to deglaze the pan
- [ ] 1 block (8 oz, 8 oz) **cream cheese**, softened
- [ ] ½ cup **heavy cream**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Season the pork chops on both sides with the salt and a pinch of white pepper. 1:39
2. Heat the tallow in a cast-iron pan and sear the chops well on both sides and along the fatty edges, in batches if needed. 2:03
3. Pour the broth into the hot pan and scrape up the browned bits. Put the chops in the slow cooker and pour the pan juices over them. 3:57
4. Cover and cook on low for 5–6 hours, checking at 5 hours, until tender but not falling off the bone. 4:53
5. Lift out the chops. Soften the cream cheese, whisk in a little of the hot cooking liquid, then whisk it into the slow cooker with the cream until smooth. 5:45
6. Return the chops to the sauce to keep warm and serve smothered in the creamy gravy. 8:17

> **Tip** Serves 4. The cook used three chops with the same amount of sauce and kept the extra for another meal, so you don't need to use it all. Keto eaters can serve it with cauliflower mash and broccoli.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 620 kcal | 37 g | 3.5 g | 0 g | 51 g | 920 mg |
| 2,590 kJ | 73% of a day | 3.4 g net · 2.8 g sugars | 0% of a day | 26 g saturated | 40% of a day |
| | | 1% of a day | | 65% of a day | |

**Energy from** net carbs 2% · protein 24% · fat 74% — fits keto: 3.4 g net carbs, 74% of the energy from fat

**High in** (20%+ of a day) Selenium 98% · Vitamin B6 45% · Vitamin B12 42% · Vitamin A 33% · Zinc 29% · Omega-3 22%

**Source of** (10–19%) Potassium 12% · Magnesium 10%

**Recipe and video:** Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=FXdEq2PngCU, published 15 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/slow-cooker-smothered-pork-chops