AMERICAN · DINNER

Slow-Cooker Smothered Pork Chops

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

Carnivore · Gluten-free ingredients · Nut-free

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).

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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.

Contains: Milk. Check labels on stock, sauces and spice mixes.

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