

# A Nice Slow-Cooked Pork

 **Gluten Free**  **Dairy Free**

READY IN



**495 min.**

SERVINGS



**6**

CALORIES



**367 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon rosemary dried
- 2 cups mushrooms fresh sliced
- 1 teaspoon pepper black
- 2 cups pearl onions
- 3 pound boston butt pork shoulder
- 3 cups potatoes peeled chopped
- 6 servings salt to taste
- 1 cup cooking sherry

1 quart vegetable stock

## Equipment

slow cooker

## Directions

Place the pork roast in a slow cooker.

Pour in the vegetable broth and sherry.

Mix in the potatoes, onions, mushrooms, rosemary, and pepper.

Cover, and cook on Low at least 8 hours, to an internal temperature of 145 degrees F (63 degrees C). Season with salt to taste.

## Nutrition Facts



**PROTEIN 36.88%** **FAT 27.27%** **CARBS 35.85%**

## Properties

Glycemic Index:50.79, Glycemic Load:16.44, Inflammation Score:-7, Nutrition Score:25.433043413836%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

## Nutrients (% of daily need)

Calories: 366.81kcal (18.34%), Fat: 10.22g (15.73%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 26.04g (9.47%), Sugar: 6.52g (7.25%), Cholesterol: 92.69mg (30.9%), Sodium: 943.12mg (41.01%), Alcohol: 4.12g (100%), Alcohol %: 0.94% (100%), Protein: 31.1g (62.21%), Vitamin B1: 1.37mg (91.55%), Selenium: 44.57µg (63.67%), Vitamin B6: 1.04mg (51.93%), Vitamin B3: 8.32mg (41.59%), Phosphorus: 397.66mg (39.77%), Vitamin B2: 0.63mg (36.82%), Vitamin C: 28.5mg (34.55%), Zinc: 5.01mg (33.42%), Potassium: 1166.76mg (33.34%), Vitamin B5: 2.05mg (20.47%), Vitamin B12: 1.17µg (19.58%), Manganese: 0.39mg (19.5%), Copper: 0.39mg (19.41%), Magnesium: 69.28mg (17.32%), Iron: 3.07mg (17.07%), Fiber: 4.2g (16.79%), Folate: 45.62µg (11.41%),

Vitamin A: 360.18IU (7.2%), Calcium: 60.53mg (6.05%), Vitamin K: 3.02μg (2.87%)