



Cranberry Pork Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin roast boneless trimmed
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon mustard prepared
- ☐ 0.3 cup steak sauce
- ☐ 2 tablespoons water
- ☐ 16 ounce jellied whole-berry cranberry sauce canned

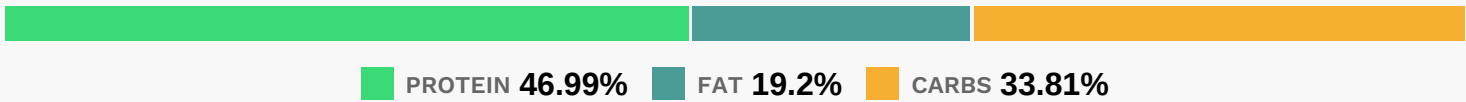
Equipment

- ☐ frying pan
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Add roast; cook until browned on all sides.
- ☐ Place roast in a 4- to 5-quart electric slow cooker coated with cooking spray.
- ☐ Combine cranberry sauce and next 3 ingredients; pour over roast. Cover and cook on low-heat setting for 8 hours or on high-heat setting for 4 to 5 hours.
- ☐ Remove roast from sauce; cover roast, and keep warm.
- ☐ Combine water and cornstarch, stirring until smooth. Stir cornstarch mixture into sauce in slow cooker.
- ☐ Pour mixture into a 1-quart microwave-safe glass measure. Microwave at HIGH 2 minutes, stirring after 1 minute.
- ☐ Serve roast with gravy.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.770869367149%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 223.59kcal (11.18%), Fat: 4.69g (7.21%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 18.05g (6.56%), Sugar: 13.48g (14.98%), Cholesterol: 71.44mg (23.81%), Sodium: 143.69mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.63%), Selenium: 31.79µg (45.42%), Vitamin B6:

0.87mg (43.37%), Vitamin B1: 0.51mg (34.03%), Vitamin B3: 6.6mg (33%), Phosphorus: 258.94mg (25.89%), Zinc: 2.07mg (13.82%), Vitamin B2: 0.22mg (13.11%), Potassium: 452.03mg (12.92%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.85mg (8.47%), Magnesium: 31.43mg (7.86%), Iron: 0.85mg (4.75%), Copper: 0.09mg (4.34%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.45µg (3.02%), Manganese: 0.04mg (2.11%), Fiber: 0.52g (2.08%)