

 86%
HEALTH SCORE

Easy Slow Cooker Apple Pork Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



495 min.

SERVINGS



14

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 apples with peel, cored and cut into 8 wedges
- ☐ 24 ounce cinnamon-flavored applesauce
- ☐ 0.3 teaspoon ground cinnamon to taste
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 7 pounds pork shoulder roast
- ☐ 1 large onion red roughly chopped
- ☐ 0.5 teaspoon salt to taste

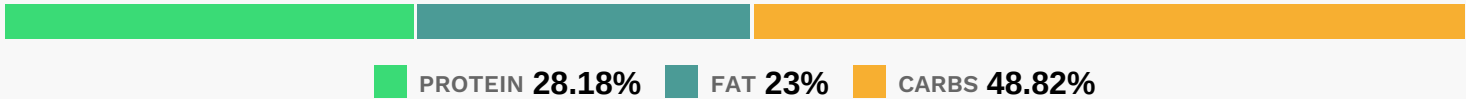
Equipment

☐ slow cooker

Directions

- ☐ Place the apples and onion into the bottom of a slow cooker, and sprinkle with 1/4 teaspoon cinnamon.
- ☐ Rub the pork roast with salt and pepper, and place it on the layer of apples and onions in the slow cooker.
- ☐ Pour the applesauce over the roast, and dust the top with 1/4 teaspoon cinnamon.
- ☐ Cook on High setting for 8 hours.
- ☐ Serve the roast topped with the sauce, apples, and onions.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:3.68, Inflammation Score:-5, Nutrition Score:31.257391131443%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 368.76kcal (18.44%), Fat: 10.62g (16.34%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 22.89g (8.32%), Sugar: 9.5g (10.56%), Cholesterol: 92.69mg (30.9%), Sodium: 194.17mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.57%), Manganese: 8.56mg (427.9%), Fiber: 27.85g (111.4%), Vitamin B1: 1.25mg (83.38%), Selenium: 42.36µg (60.52%), Calcium: 513.55mg (51.35%), Zinc: 5.28mg (35.2%), Vitamin B6: 0.69mg (34.63%), Vitamin B3: 6.64mg (33.22%), Iron: 5.85mg (32.51%), Phosphorus: 321.56mg (32.16%), Vitamin B2: 0.48mg (28.05%), Potassium: 777.27mg (22.21%), Vitamin B12: 1.16µg (19.37%), Vitamin K: 17.04µg (16.23%), Copper: 0.32mg (16.21%), Magnesium: 63.04mg (15.76%), Vitamin B5: 1.37mg (13.7%),

Vitamin C: 7.12mg (8.64%), Vitamin E: 1.27mg (8.47%), Vitamin A: 194.44IU (3.89%), Folate: 13.68µg (3.42%)