



Havana Slow Cooker Pork Tenderloin

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

READY IN ready 370 min.	SERVINGS servings 6	CALORIES calories 305 kcal
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- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 3 tablespoons garlic minced
- ☐ 1 tablespoon grill seasoning montreal steak seasoning® such as
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons lemon zest grated
- ☐ 1 onion sliced

- ☐ 0.5 cup orange juice
- ☐ 3 pounds pork tenderloin
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 teaspoon salt

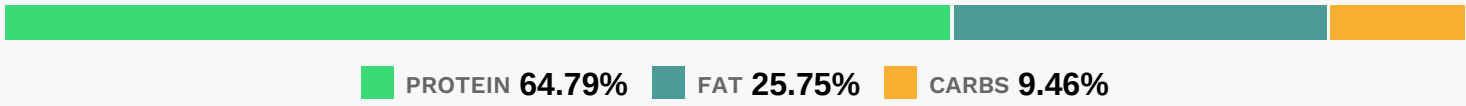
Equipment

- ☐ grill
- ☐ slow cooker

Directions

- ☐ Arrange onion slices in the bottom of a slow cooker; top with pork tenderloin.
- ☐ Sprinkle garlic evenly over onion and pork.
- ☐ Pour orange juice, vinegar, and lemon juice over pork.
- ☐ Sprinkle cumin, grill seasoning, salt, red pepper, bay leaves, and lemon zest over pork.
- ☐ Cover and cook on Low until pork is very tender, 6 to 7 hours. To serve, slice tenderloin into 1 1/2-inch slices, arrange on a platter, and drizzle juices over top.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.89, Inflammation Score:-5, Nutrition Score:29.670869785806%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 305.23kcal (15.26%), Fat: 8.44g (12.98%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.03g (2.19%), Sugar: 2.84g (3.16%), Cholesterol: 147.42mg (49.14%), Sodium: 509.88mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.54%), Vitamin B1: 2.27mg (151.58%), Selenium: 69.55µg (99.36%), Vitamin B6: 1.84mg (92.14%), Vitamin B3: 15.23mg (76.16%), Phosphorus: 574.47mg (57.45%), Vitamin B2: 0.79mg (46.47%), Zinc: 4.42mg (29.46%), Potassium: 1016.22mg (29.03%), Vitamin C: 17.93mg (21.73%), Vitamin B5: 2mg (19.97%), Vitamin B12: 1.18µg (19.66%), Iron: 3.35mg (18.62%), Magnesium: 72.97mg (18.24%), Copper: 0.25mg (12.47%), Manganese: 0.22mg (11%), Vitamin K: 5.85µg (5.57%), Calcium: 47.87mg (4.79%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.67mg (4.45%), Vitamin A: 219.94IU (4.4%), Fiber: 0.95g (3.79%), Folate: 12.53µg (3.13%)