



Herbed Pork Roast

 Gluten Free

READY IN



505 min.

SERVINGS



12

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds pork loin boneless
- 1 teaspoon browning sauce
- 0.3 cup butter softened
- 2 tablespoons parsley dried
- 1 teaspoon garlic minced
- 1 small onion thinly sliced
- 1 teaspoon oregano dried
- 2 teaspoons pepper

- 2 tablespoons rubbed sage
- 0.5 teaspoon salt
- 1 cup water

Equipment

- slow cooker

Directions

- Cut roast in half.
- Place pork and water in a 4-qt. slow cooker.
- Spread butter over meat.
- Combine the sage, parsley, pepper, garlic, oregano and salt; sprinkle over meat. Top with onion. Cover and cook on low for 8-10 hours or until meat is tender. If desired, thicken cooking juices. Stir in browning sauce if desired.
- Let meat stand 10 minutes before slicing.

Nutrition Facts

PROTEIN 58.68% **FAT 38.89%** **CARBS 2.43%**

Properties

Glycemic Index:12, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:16.319565117359%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 240.33kcal (12.02%), Fat: 10.06g (15.48%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.37g (0.42%), Cholesterol: 105.42mg (35.14%), Sodium: 205.14mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.15g (68.29%), Selenium: 42.08µg (60.11%), Vitamin B6: 1.17mg (58.32%), Vitamin B1: 0.68mg (45.14%), Vitamin B3: 8.76mg (43.8%), Phosphorus: 345.93mg (34.59%),

Zinc: 2.78mg (18.55%), Vitamin B2: 0.3mg (17.46%), Potassium: 595.19mg (17.01%), Vitamin B12: 0.78µg (12.99%),
Vitamin K: 12.19µg (11.61%), Vitamin B5: 1.15mg (11.5%), Magnesium: 44.03mg (11.01%), Iron: 1.1mg (6.09%),
Manganese: 0.12mg (5.83%), Copper: 0.1mg (5.23%), Vitamin D: 0.6µg (4.03%), Vitamin A: 149.11IU (2.98%), Vitamin
E: 0.4mg (2.64%), Calcium: 24.59mg (2.46%), Fiber: 0.48g (1.93%), Vitamin C: 1.04mg (1.26%)