



Peppered Pork Roast

READY IN



205 min.

SERVINGS



8

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound pork loin roast boneless lean
- 2 tablespoons flour all-purpose
- 1 cup nonfat cream sour
- 1.5 teaspoons peppercorns mixed divided crushed
- 0.8 teaspoon salt
- 0.5 cup water

Equipment

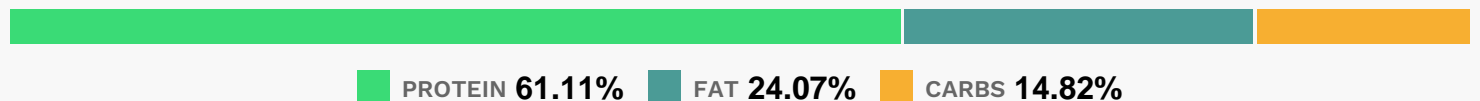
- frying pan

- sauce pan
- slow cooker

Directions

- Trim fat from roast.
- Combine 1 1/4 teaspoons crushed peppercorns and salt; rub over surface of roast.
- Coat a nonstick skillet with cooking spray; place over medium heat until hot.
- Add roast, and cook until browned on all sides, turning occasionally.
- Transfer roast to a 4-quart electric slow cooker.
- Add water to skillet; bring to a boil. Deglaze skillet by scraping particles that cling to bottom.
- Pour water mixture over roast. Cover and cook on high setting 3 hours or until roast is tender.
- Remove roast from cooker; set aside, and keep warm.
- Pour pan juices from cooker into a small saucepan; skim fat from juices. Bring juices to a boil.
- Combine sour cream and flour; add to saucepan, stirring constantly. Cook over medium-low heat, stirring constantly, until thickened and bubbly. Stir in remaining 1/4 teaspoon crushed peppercorns.
- Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:12.60478251395%

Nutrients (% of daily need)

Calories: 179.86kcal (8.99%), Fat: 4.65g (7.15%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 6.18g (2.25%), Sugar: 0.12g (0.14%), Cholesterol: 74.03mg (24.68%), Sodium: 315.06mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.12%), Selenium: 33.61µg (48.02%), Vitamin B6: 0.87mg (43.26%), Vitamin B1: 0.53mg (35.3%), Vitamin B3: 6.66mg (33.27%), Phosphorus: 285.79mg (28.58%), Vitamin B2: 0.27mg (15.64%), Zinc: 2.21mg (14.73%), Potassium: 474.21mg (13.55%), Vitamin B12: 0.66µg (11.08%), Vitamin B5: 0.86mg (8.65%), Magnesium: 34.34mg (8.58%), Manganese: 0.13mg (6.33%), Calcium: 46.12mg (4.61%), Iron: 0.78mg (4.34%), Copper: 0.09mg (4.33%), Vitamin D: 0.45µg (3.02%), Folate: 6.73µg (1.68%), Vitamin A:

77.83IU (1.56%), Vitamin K: 1.36 μ g (1.29%), Vitamin E: 0.16mg (1.05%), Fiber: 0.26g (1.04%)