



Peppery Pork Roast

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

READY IN ready 20 min.	SERVINGS servings 8	CALORIES calories 481 kcal
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- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1.5 cups apricot halves dried
- ☐ 1 bay leaf
- ☐ 2 tablespoons canola oil
- ☐ 2 sticks cinnamon
- ☐ 12 ounce peppery soda canned recommended: Dr Pepper
- ☐ 2 medium onions sliced
- ☐ 4 pounds pork loin roast
- ☐ 1.5 cups prune- cut to pieces pitted

☐ 8 servings salt and pepper black freshly ground

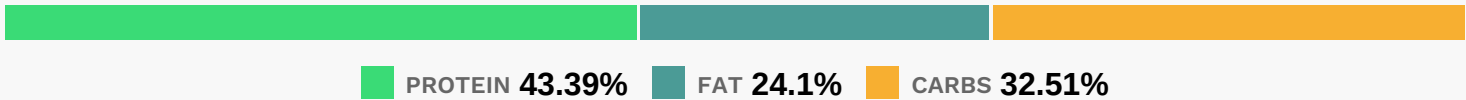
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Slice onions and place in slow cooker.
- ☐ In a large skillet, heat oil over medium-high heat. Season pork roast with salt and pepper, then brown on all sides.
- ☐ Place browned roast in slow cooker on top of sliced onions.
- ☐ Add cloves, cinnamon stick, and bay leaf to cooker.
- ☐ Pour can of cola over roast and top with dried fruit. Cover and cook 3 to 4 hours on High setting or 8 to 9 hours on Low, or until thermometer inserted into center of roast registers 160 degrees F on an instant-read thermometer.
- ☐ Remove roast from slow cooker and let rest 5 to 10 minutes. Meanwhile, using a slotted spoon, remove onion, fruit and spices. Discard whole spices. Skim grease from sauce. Slice roast and serve topped with onions and fruit and a little sauce.
- ☐ Serving Ideas: Delicious over garlic mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:10.47, Inflammation Score:-8, Nutrition Score:29.754347552424%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 480.81kcal (24.04%), Fat: 13g (20%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 34.4g (12.51%), Sugar: 26.63g (29.59%), Cholesterol: 142.88mg (47.63%), Sodium: 124.36mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.67g (105.33%), Vitamin B6: 1.85mg (92.45%), Selenium: 63.63µg (90.9%), Vitamin B3: 14.32mg (71.6%), Vitamin B1: 1.04mg (69.2%), Phosphorus: 558.82mg (55.88%), Potassium: 1415.95mg (40.46%), Vitamin B2: 0.51mg (30.05%), Zinc: 4.43mg (29.52%), Vitamin A: 1137.73IU (22.75%), Vitamin K: 23.21µg (22.1%), Magnesium: 84.03mg (21.01%), Fiber: 5.06g (20.23%), Vitamin B5: 1.99mg (19.91%), Vitamin B12: 1.16µg (19.28%), Manganese: 0.37mg (18.66%), Copper: 0.32mg (16.22%), Vitamin E: 2.13mg (14.2%), Iron: 2.33mg (12.92%), Vitamin D: 0.91µg (6.05%), Calcium: 56.54mg (5.65%), Vitamin C: 2.51mg (3.05%), Folate: 9.06µg (2.26%)