



Pork Loin with Cherries



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



5

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb pork loin boneless
- ☐ 0.5 cup cherry juice
- ☐ 1 cup smucker's cherry preserves sour (not cherry)
- ☐ 0.5 cup cherries dried
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 5 servings salt and pepper

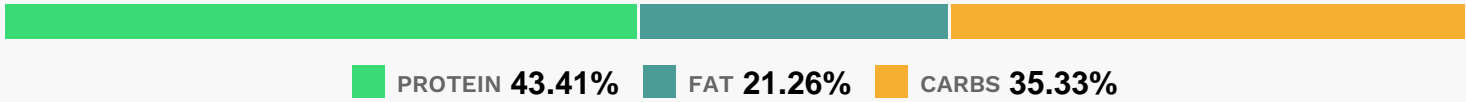
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slow cooker
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Stir together preserves, juice, dried cherries and vinegar in slow cooker.
- ☐ Warm olive oil in a large skillet over medium-high heat. Pat pork roast dry with paper towels; sprinkle liberally with salt and pepper. When oil is hot but not smoking, brown pork on all sides, turning with tongs, about 10 minutes total.
- ☐ Transfer to slow cooker and place on top of cherry mixture.
- ☐ Cover and cook on low until pork is cooked through and internal temperature reaches 145F on a meat thermometer, about 4 hours.
- ☐ Remove pork to a cutting board and tent with foil to rest.
- ☐ Skim fat from cooking juices and transfer juices (with cherries) to a saucepan. Bring to a boil over medium heat, reduce heat to medium-low and keep at a brisk simmer until liquid has reduced to 2 cups, about 10 minutes. Slice pork and serve with juices and cherries spooned on top.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:25.36, Inflammation Score:-5, Nutrition Score:31.227391408837%

Nutrients (% of daily need)

Calories: 685.34kcal (34.27%), Fat: 15.74g (24.21%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 56.97g (20.72%), Sugar: 41.62g (46.24%), Cholesterol: 200.03mg (66.68%), Sodium: 375.57mg (16.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.3g (144.6%), Selenium: 89.31µg (127.59%), Vitamin B6: 2.41mg (120.54%), Vitamin B1: 1.42mg (94.5%), Vitamin B3: 18.27mg (91.33%), Phosphorus: 727.81mg (72.78%), Zinc: 5.76mg (38.39%), Vitamin B2: 0.65mg (37.97%), Potassium: 1282.58mg (36.65%), Vitamin B12: 1.62µg (26.99%), Vitamin B5: 2.38mg (23.79%), Magnesium: 85.52mg (21.38%), Iron: 2.43mg (13.5%), Copper: 0.25mg (12.65%), Vitamin A: 430.3IU (8.61%), Vitamin D: 1.27µg (8.47%), Fiber: 1.89g (7.55%), Vitamin C: 6.01mg (7.29%), Vitamin E: 0.9mg (5.98%), Calcium: 42.85mg (4.29%), Manganese: 0.05mg (2.63%), Folate: 7.48µg (1.87%), Vitamin K: 1.69µg (1.61%)