

Pork Roast with Sauerkraut and Kielbasa



Gluten Free



Dairy Free



Popular

READY IN



385 min.

SERVINGS



12

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound pork loin roast boneless
- ☐ 2 sprigs thyme leaves fresh
- ☐ 1 pound kielbasa cut into 3-inch pieces
- ☐ 2 tablespoons olive oil
- ☐ 12 servings salt and pepper to taste
- ☐ 4 pounds sauerkraut

Equipment

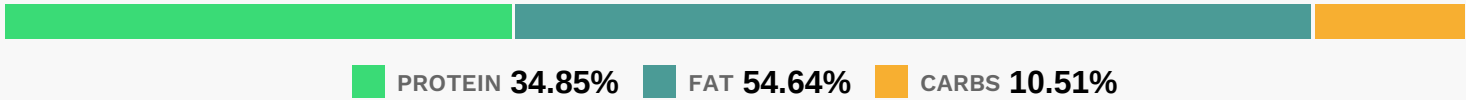
- ☐ oven

- ☐ pot
- ☐ roasting pan
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Preheat the oven broiler.
- ☐ Place the roast in a roasting pan, brush with olive oil, sprinkle with thyme leaves, and season with salt and pepper.
- ☐ Place under the broiler for 10 minutes, until lightly browned in several places.
- ☐ Place 2 pounds sauerkraut in a slow cooker. Arrange kielbasa pieces around the edges of the slow cooker pot, and place the roast in the center. Cover with remaining sauerkraut.
- ☐ Cover slow cooker, and cook roast 6 hours on High.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:16.671739046988%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 272.54kcal (13.63%), Fat: 16.47g (25.34%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.69g (2.99%), Cholesterol: 74.09mg (24.7%), Sodium: 1561.43mg (67.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.28%), Vitamin B6: 0.84mg (41.99%), Selenium: 28.54µg (40.77%), Vitamin B1: 0.56mg (37.1%), Vitamin B3: 5.86mg (29.32%), Vitamin C: 22.87mg (27.72%), Phosphorus: 251.92mg (25.19%), Vitamin K: 21.06µg (20.06%), Potassium: 630.44mg (18.01%), Iron: 3.22mg (17.88%), Fiber: 4.41g (17.63%), Zinc: 2.38mg (15.87%), Vitamin B2: 0.23mg (13.61%), Manganese: 0.26mg (12.77%), Vitamin B12: 0.76µg (12.6%), Magnesium: 44.87mg (11.22%), Copper: 0.22mg (11.2%), Folate: 37.12µg (9.28%), Vitamin B5: 0.87mg (8.75%), Calcium: 54.49mg (5.45%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.3µg

(2.02%)