



Slow Cooker Apple Cider Braised Pork



Gluten Free



Popular

READY IN



420 min.

SERVINGS



8

CALORIES



374 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.5 cups apple cider
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter cold cut into small pieces
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 rib celery chopped
- ☐ 1.5 teaspoons dijon mustard
- ☐ 4 cloves garlic peeled

- ☐ 1 tablespoon herbs fresh italian chopped (parsley, sage, or thyme)
- ☐ 4 pound pork shoulder roast boneless
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 2 shallots sliced
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ stove
- ☐ slow cooker

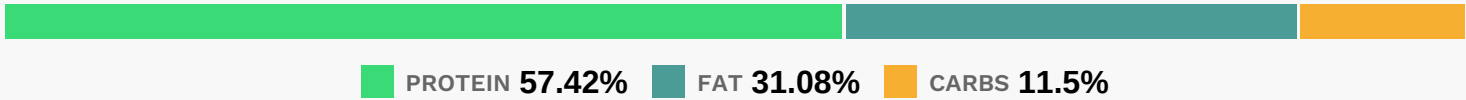
Directions

- ☐ Season pork with salt and black pepper.
- ☐ Heat oil in a large skillet over high heat. Sear pork on all sides in the hot oil until browned, about 3 minutes per side.
- ☐ Transfer pork to the slow cooker.
- ☐ Reduce stovetop temperature to medium; cook and stir shallots and celery in the skillet until they begin to soften, 3 to 4 minutes.
- ☐ Pour in apple cider vinegar and cook, scraping up any browned bits, until liquid is nearly evaporated, 4 to 5 minutes.
- ☐ Pour shallot mixture over pork shoulder in the slow cooker.
- ☐ Add apple cider, garlic cloves, and bay leaf. Cover, set slow cooker to Low, and cook until fork-tender but not falling apart, about 6 hours. Turn pork over every 1 to 2 hours.
- ☐ Remove pork roast to a plate and cover loosely with foil.
- ☐ Pour remaining liquid from the slow cooker through a fine mesh strainer into a large saucepan; place over high heat. Discard bay leaf and other solids. Bring sauce mixture to a boil, decrease

heat and cook, skimming fat from the top, until reduced to 1/4 of the original volume, about 10 minutes.

- ☐ Remove sauce from heat and stir in Dijon mustard and cayenne pepper. Slowly whisk in cold butter until incorporated.
- ☐ Sprinkle in fresh herbs and season with salt and black pepper to taste.
- ☐ Cut pork into 1/4-thick slices and serve with sauce poured over the top.

Nutrition Facts



Properties

Glycemic Index:43.84, Glycemic Load:3.83, Inflammation Score:-4, Nutrition Score:29.448695473049%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 373.73kcal (18.69%), Fat: 12.41g (19.09%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.75g (8.61%), Cholesterol: 143.6mg (47.87%), Sodium: 164.3mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.58g (103.15%), Vitamin B3: 21.89mg (109.43%), Vitamin B1: 1.49mg (99.24%), Vitamin B6: 1.7mg (84.83%), Selenium: 59.27µg (84.67%), Vitamin B2: 1.08mg (63.27%), Phosphorus: 535.32mg (53.53%), Vitamin B12: 1.98µg (32.98%), Zinc: 4.51mg (30.06%), Potassium: 989.23mg (28.26%), Vitamin B5: 2.31mg (23.13%), Magnesium: 66.61mg (16.65%), Iron: 2.31mg (12.84%), Vitamin K: 13.3µg (12.67%), Copper: 0.2mg (9.85%), Manganese: 0.19mg (9.54%), Calcium: 32.54mg (3.25%), Vitamin A: 160.34IU (3.21%), Vitamin C: 2.47mg (2.99%), Vitamin E: 0.44mg (2.92%), Fiber: 0.55g (2.19%), Folate: 4.95µg (1.24%)