



## 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

**PROTEIN 57.42%** **FAT 31.08%** **CARBS 11.5%**

### 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: 0g (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%)