



Slow-Cooker Brown Sugar-Topped Pork with Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds sweet potatoes and into peeled cut into 1/2-inch slices
- ☐ 1 pound pork shoulder boneless (tied or in netting)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 teaspoons salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 clove garlic finely chopped

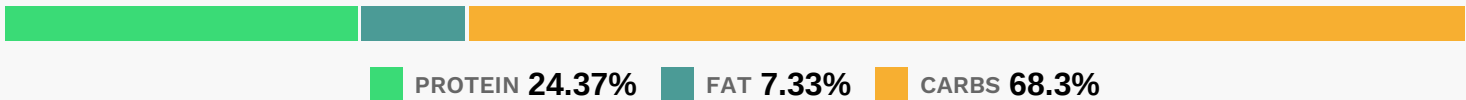
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place sweet potato slices in 5 to 6-quart slow cooker.
- ☐ Place pork
- ☐ on sweet potatoes.
- ☐ Mix remaining ingredients in small bowl; sprinkle
- ☐ over pork and potatoes.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ Remove pork from cooker; place on cutting board.
- ☐ Remove strings
- ☐ or netting from pork.
- ☐ Cut pork into slices, or pull pork into serving
- ☐ pieces using 2 forks.
- ☐ Serve with sweet potatoes, spooning juices over
- ☐ pork.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:14.12, Inflammation Score:-10, Nutrition Score:17.79260888307%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 2.01g (3.1%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 37.91g (13.79%), Sugar: 19.27g (21.41%), Cholesterol: 34.02mg (11.34%), Sodium: 693.89mg (30.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Vitamin A: 20136.12IU (402.72%), Vitamin B6: 0.72mg (35.88%), Vitamin B1: 0.48mg (31.82%), Vitamin B3: 6.26mg (31.29%), Selenium: 15.71µg (22.44%), Vitamin B2: 0.35mg (20.66%), Potassium: 714.01mg (20.4%), Manganese: 0.4mg (19.97%), Phosphorus: 197.87mg (19.79%), Fiber: 4.29g (17.17%), Vitamin B5: 1.71mg (17.12%), Copper: 0.27mg (13.31%), Magnesium: 51.73mg (12.93%), Zinc: 1.54mg (10.29%), Iron: 1.49mg (8.27%), Vitamin B12: 0.49µg (8.22%), Calcium: 59.31mg (5.93%), Vitamin C: 3.57mg (4.32%), Folate: 15.82µg (3.95%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.71µg (2.58%)