



 **74%**
HEALTH SCORE

Slow-Cooker Chipotle Pork Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



385 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 2 teaspoons ground cumin
- 9 small potatoes - remove skin red unpeeled quartered
- 3 small sweet potatoes and into peeled quartered
- 1 medium onion cut into 3/4-inch wedges (1/2 cup)
- 2.5 lb pork shoulder boneless

- 2 tablespoons vegetable oil
- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced undrained canned
- 0.5 tablespoon chipotles in adobo canned finely chopped
- 2 tablespoons water
- 2 tablespoons cornstarch

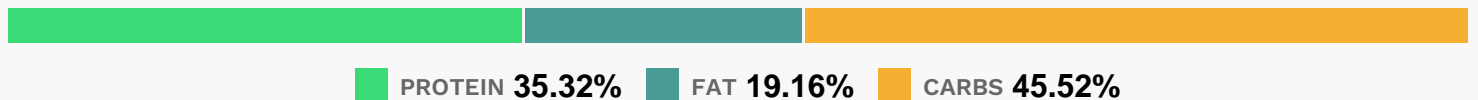
Equipment

- bowl
- sauce pan
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In large bowl, mix chili powder, salt, garlic powder and cumin.
- Add potatoes, sweet potatoes and onion to bowl; stir to coat.
- Place vegetables in slow cooker.
- Remove netting from pork. Rub oil over pork; roll in spices in bowl to cover.
- Place pork over vegetables.
- Pour tomato sauce, tomatoes and chopped chile over pork and vegetables.
- Cover; cook on Low heat setting 6 to 8 hours.
- Remove pork and vegetables from cooker; cover to keep warm.
- Pour sauce from cooker into 3-quart saucepan. In small bowl, mix water and cornstarch; stir into sauce. Cook over high heat 5 to 10 minutes, stirring frequently, until thickened.
- Serve sauce with pork and vegetables.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:45.883478164673%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 565.22kcal (28.26%), Fat: 12.1g (18.62%), Saturated Fat: 2.94g (18.34%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 55.67g (20.24%), Sugar: 10.06g (11.18%), Cholesterol: 113.4mg (37.8%), Sodium: 894.82mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.2g (100.39%), Vitamin A: 10282.79IU (205.66%), Vitamin B3: 22.67mg (113.33%), Vitamin B6: 2.14mg (106.8%), Vitamin B1: 1.54mg (102.51%), Selenium: 51.59µg (73.7%), Potassium: 2431.59mg (69.47%), Phosphorus: 661.19mg (66.12%), Vitamin B2: 1.09mg (64.28%), Vitamin C: 33.94mg (41.14%), Manganese: 0.75mg (37.27%), Fiber: 9.04g (36.16%), Copper: 0.72mg (35.95%), Magnesium: 143.47mg (35.87%), Zinc: 5.1mg (33.98%), Vitamin B5: 3.34mg (33.35%), Iron: 5.98mg (33.25%), Vitamin B12: 1.64µg (27.4%), Vitamin K: 22.88µg (21.79%), Vitamin E: 2.77mg (18.49%), Folate: 66.46µg (16.62%), Calcium: 104.82mg (10.48%)