



Slow Cooker Cider Pork Roast

 Dairy Free

READY IN



450 min.

SERVINGS



8

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- 1 apples peeled roughly chopped
- 2 cups apple cider
- 4 large carrots roughly chopped
- 1 stalk celery roughly chopped
- 0.3 cup flour all-purpose
- 3 cloves garlic
- 0.5 teaspoon ground ginger
- 1 large onion roughly chopped

- 3 pound pork loin roast
- 8 servings salt and pepper to taste
- 2 teaspoons vegetable oil
- 1.5 cups water

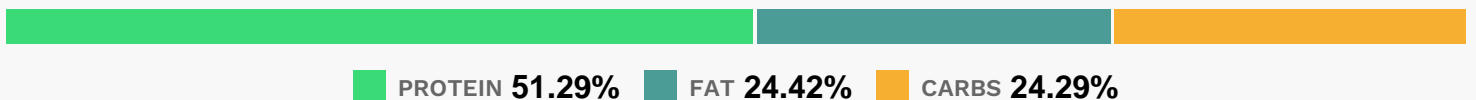
Equipment

- food processor
- bowl
- frying pan
- slow cooker

Directions

- Combine 1/4 of the onion, 1/2 of the apple, and the garlic in the bowl of a food processor. Process until smooth.
- Transfer to slow cooker along with the apple cider and water.
- Combine the salt, pepper, ginger and flour in a shallow container. Gently press the roast onto the flour mixture to coat all sides.
- Brush off any excess flour.
- Heat the oil in a large, heavy skillet. Brown the pork in the hot oil, turning until golden on all sides.
- Place the browned roast in the slow cooker and scatter the celery and the remaining onion and apple on top. Cook on low for 4 hours, then add carrots. Cook for an additional 3 hours.
- Remove the cooked roast to a heated platter, arrange carrots around roast and serve with the strained juices from the slow cooker.

Nutrition Facts



Properties

Glycemic Index:35.45, Glycemic Load:7.31, Inflammation Score:-10, Nutrition Score:24.818261011787%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 312.72kcal (15.64%), Fat: 8.31g (12.78%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 16.38g (5.96%), Sugar: 10.64g (11.82%), Cholesterol: 107.16mg (35.72%), Sodium: 311.84mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.26g (78.53%), Vitamin A: 6050IU (121%), Selenium: 48.88µg (69.83%), Vitamin B6: 1.4mg (69.83%), Vitamin B1: 0.84mg (55.75%), Vitamin B3: 10.48mg (52.39%), Phosphorus: 414.74mg (41.47%), Potassium: 886.05mg (25.32%), Vitamin B2: 0.38mg (22.56%), Zinc: 3.26mg (21.72%), Vitamin B5: 1.47mg (14.68%), Vitamin B12: 0.87µg (14.46%), Magnesium: 56.91mg (14.23%), Manganese: 0.23mg (11.6%), Fiber: 2.22g (8.87%), Vitamin K: 8.89µg (8.47%), Iron: 1.4mg (7.78%), Copper: 0.15mg (7.7%), Vitamin C: 5.6mg (6.78%), Folate: 20.08µg (5.02%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.62mg (4.12%), Calcium: 37mg (3.7%)