



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
- ☐ 0.5 teaspoon ground pepper black to taste

- ☐ 1 large onion roughly chopped
- ☐ 3 pound pork loin roast
- ☐ 8 servings salt to taste
- ☐ 8 servings salt and pepper to taste
- ☐ 2 teaspoons vegetable oil
- ☐ 1.5 cups water

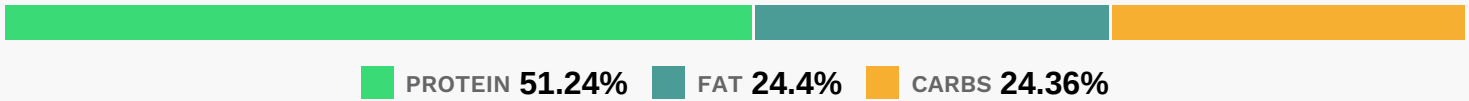
Equipment

- ☐ 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:39.45, Glycemic Load:7.33, Inflammation Score:-10, Nutrition Score:24.887825841489%

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: 313.03kcal (15.65%), Fat: 8.31g (12.79%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.43g (5.97%), Sugar: 10.64g (11.82%), Cholesterol: 107.16mg (35.72%), Sodium: 505.65mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.56%), Vitamin A: 6050.68IU (121.01%), Vitamin B6: 1.4mg (69.84%), Selenium: 48.89µg (69.84%), Vitamin B1: 0.84mg (55.76%), Vitamin B3: 10.48mg (52.4%), Phosphorus: 414.94mg (41.49%), Potassium: 887.75mg (25.36%), Vitamin B2: 0.38mg (22.58%), Zinc: 3.26mg (21.73%), Vitamin B5: 1.47mg (14.7%), Vitamin B12: 0.87µg (14.46%), Magnesium: 57.13mg (14.28%), Manganese: 0.25mg (12.42%), Fiber: 2.25g (9%), Vitamin K: 9.1µg (8.66%), Iron: 1.41mg (7.86%), Copper: 0.16mg (7.79%), Vitamin C: 5.6mg (6.78%), Folate: 20.1µg (5.03%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.62mg (4.13%), Calcium: 37.67mg (3.77%)