



## Slow-Cooker Cranberry-Orange Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



265 min.

SERVINGS



25

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup classic catalina dressing kraft
- 1 Tbsp cornstarch
- 2 Tbsp oil
- 1 tsp orange zest
- 4 lb flat pork loin roast boneless
- 1 Tbsp lite soy sauce
- 14 oz berry cranberry sauce whole canned

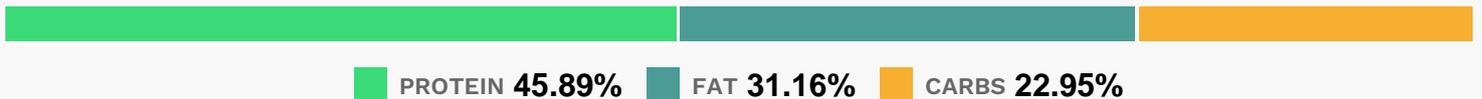
### Equipment

- bowl
- frying pan
- whisk
- slow cooker

## Directions

- Heat oil in large skillet on medium-high heat.
- Add meat; cook 4 to 5 min. on each side or until evenly browned on both sides.
- Transfer meat to slow cooker sprayed with cooking spray.
- Mix cranberry sauce, dressing and soy sauce until blended; pour over meat. Cover with lid.
- Cook on LOW 4 to 5 hours.
- Remove meat from slow cooker, reserving liquid in slow cooker. Cover meat to keep warm.
- Whisk remaining ingredients in small bowl until blended; stir into liquid in slow cooker. Cook, covered, on HIGH 10 min. or until thickened.
- Slice meat; place on platter.
- Drizzle lightly with sauce.
- Serve with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:0.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:7.4156521364399%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 147.37kcal (7.37%), Fat: 4.97g (7.65%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 8.04g (2.93%), Sugar: 6.39g (7.1%), Cholesterol: 45.72mg (15.24%), Sodium: 138.36mg (6.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Selenium: 20.18µg (28.83%), Vitamin B6: 0.55mg (27.59%), Vitamin B1: 0.32mg (21.63%), Vitamin B3: 4.21mg (21.07%), Phosphorus: 164.92mg (16.49%), Zinc: 1.31mg (8.76%), Vitamin B2: 0.14mg (8.25%), Potassium: 277.58mg (7.93%), Vitamin B12: 0.37µg (6.17%), Vitamin B5: 0.54mg (5.44%), Magnesium: 19.5mg (4.88%), Vitamin E: 0.44mg (2.92%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.37%), Vitamin D: 0.29µg (1.94%)