



Slow Cooker Cranberry Pork Roast

 Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound pork loin roast boneless
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 teaspoon ground cloves
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons water cold
- ☐ 0.3 cup sugar white

☐ 16 ounce jellied cranberry sauce canned

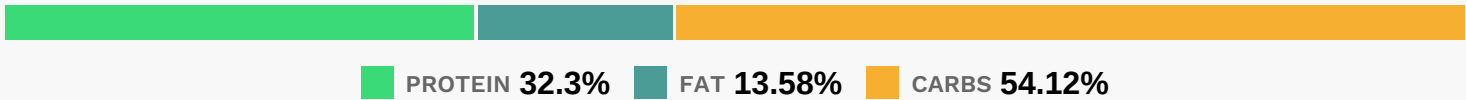
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place pork roast in a slow cooker. Mash cranberry sauce in a bowl; stir in sugar, cranberry juice, mustard, cloves, and salt.
- ☐ Pour cranberry mixture over pork roast.
- ☐ Cook on Low for 6 to 8 hours.
- ☐ Transfer roast to a plate; cover and keep warm.
- ☐ Skim fat from cranberry mixture in slow cooker. Measure 2 cups of cranberry mixture, adding water if necessary.
- ☐ Pour into saucepan and bring to a boil.
- ☐ Whisk cold water with cornstarch until pasty; pour into cranberry mixture. Cook and stir until thickened, 5 to 10 minutes.
- ☐ Serve alongside pork.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:10.87, Inflammation Score:-3, Nutrition Score:18.977825841178%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg
Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 485.63kcal (24.28%), Fat: 7.36g (11.32%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 65.99g (22%), Net
Carbohydrates: 64.58g (23.48%), Sugar: 52.4g (58.22%), Cholesterol: 107.16mg (35.72%), Sodium: 284.71mg
(12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.75%), Selenium: 48.84µg (69.77%), Vitamin
B6: 1.32mg (65.95%), Vitamin B1: 0.78mg (51.84%), Vitamin B3: 9.94mg (49.7%), Phosphorus: 396.16mg (39.62%),
Zinc: 3.17mg (21.1%), Vitamin B2: 0.35mg (20.68%), Potassium: 697.64mg (19.93%), Vitamin B12: 0.87µg (14.46%),
Vitamin B5: 1.27mg (12.72%), Magnesium: 50.76mg (12.69%), Vitamin E: 1.69mg (11.28%), Iron: 1.55mg (8.61%),
Manganese: 0.17mg (8.52%), Copper: 0.15mg (7.67%), Fiber: 1.42g (5.67%), Vitamin C: 4.11mg (4.98%), Vitamin D:
0.68µg (4.54%), Vitamin K: 3.4µg (3.24%), Calcium: 17.11mg (1.71%), Vitamin A: 62.21IU (1.24%)