



Slow-Cooker Fruit-Stuffed Pork Roast

 Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 2 pounds pork loin boneless
- 0.3 cup brown sugar packed
- 1 tablespoon butter melted
- 2 tablespoons dijon mustard
- 1 cup fruit dried diced
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

- 1 cup pepperidge farm sage and onion stuffing stuffing prepared (moistened)
- 1 tablespoon vegetable oil

Equipment

- frying pan
- plastic wrap
- kitchen thermometer
- slow cooker
- kitchen twine

Directions

- Cut horizontally down center length of pork to within 3/4 inch of opposite side. Open flat. From center, cut horizontally to within 3/4 inch from left side edge. Turn pork; repeat cutting to other side; open flat. If pork is thicker than 3/4 inch, cover pork with plastic wrap and pound until about 3/4-inch thickness.
- Remove plastic wrap.
- Mix mustard and butter.
- Spread half of mustard mixture on inside surfaces of pork.
- Mix stuffing and fruit; spread over mustard-coated surfaces.
- Roll roast; tie with kitchen twine.
- Spread remaining mustard mixture over outside of roast; rub with brown sugar.
- In 12-inch nonstick skillet, heat oil over medium-high heat. Cook pork in oil until brown on all sides.
- Place pork in 4 1/2- to 6-quart slow cooker.
- Pour apple juice into skillet; cook 2 to 3 minutes to dissolve any caramelized juices in bottom of skillet. Stir in salt and pepper; pour over pork.
- Cook on low heat setting 6 to 8 hours or until meat thermometer inserted into center of pork reads 160F.

Nutrition Facts



■ PROTEIN 39.23% ■ FAT 33.41% ■ CARBS 27.36%

Properties

Glycemic Index:17.46, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:19.016087013742%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 365.4kcal (18.27%), Fat: 13.39g (20.6%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 22.8g (8.29%), Sugar: 16.1g (17.89%), Cholesterol: 95.25mg (31.75%), Sodium: 413.03mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Selenium: 60.31µg (86.16%), Vitamin B6: 1.17mg (58.62%), Vitamin B1: 0.73mg (48.93%), Vitamin B3: 9.39mg (46.94%), Phosphorus: 366.75mg (36.68%), Vitamin B2: 0.34mg (19.74%), Zinc: 2.89mg (19.27%), Potassium: 667.42mg (19.07%), Vitamin B12: 0.78µg (12.95%), Magnesium: 49.69mg (12.42%), Vitamin B5: 1.21mg (12.09%), Vitamin K: 10.7µg (10.19%), Iron: 1.48mg (8.21%), Copper: 0.15mg (7.62%), Fiber: 1.87g (7.46%), Vitamin E: 0.94mg (6.27%), Manganese: 0.13mg (6.26%), Vitamin A: 311.07IU (6.22%), Vitamin D: 0.6µg (4.03%), Folate: 14.26µg (3.57%), Calcium: 33.56mg (3.36%), Vitamin C: 1.08mg (1.31%)