



## Slow-Cooker Fruit-Stuffed Pork Roast

 Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds pork loin boneless
- 2 tablespoons dijon mustard
- 1 tablespoon butter melted
- 1 cup pepperidge farm sage and onion stuffing stuffing prepared (moistened)
- 1 cup raisins dried diced
- 0.3 cup brown sugar packed
- 1 tablespoon vegetable oil
- 0.5 cup apple juice

- 0.3 teaspoon salt
- 0.1 teaspoon pepper

## 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 160°F.

## Nutrition Facts



■ PROTEIN 34.43% ■ FAT 29.17% ■ CARBS 36.4%

## Properties

Glycemic Index:27.26, Glycemic Load:11.14, Inflammation Score:-4, Nutrition Score:19.979999972426%

## 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: 414.42kcal (20.72%), Fat: 13.48g (20.74%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 34.96g (12.71%), Sugar: 11.65g (12.95%), Cholesterol: 95.25mg (31.75%), Sodium: 417.82mg (18.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.8g (71.6%), Selenium: 60.46µg (86.37%), Vitamin B6: 1.21mg (60.58%), Vitamin B1: 0.76mg (50.42%), Vitamin B3: 9.5mg (47.51%), Phosphorus: 380.14mg (38.01%), Potassium: 831.64mg (23.76%), Vitamin B2: 0.37mg (21.77%), Zinc: 2.9mg (19.32%), Magnesium: 54.96mg (13.74%), Vitamin B12: 0.78µg (12.95%), Vitamin B5: 1.2mg (12.04%), Fiber: 2.88g (11.51%), Iron: 1.98mg (11%), Copper: 0.2mg (9.79%), Manganese: 0.18mg (8.95%), Vitamin K: 8.88µg (8.46%), Vitamin E: 0.94mg (6.27%), Vitamin D: 0.6µg (4.03%), Vitamin A: 191.78IU (3.84%), Calcium: 38.35mg (3.83%), Folate: 14.2µg (3.55%), Vitamin C: 1.52mg (1.84%)