



Slow-Cooker Garlic Pork Roast



Gluten Free



Dairy Free

READY IN



620 min.

SERVINGS



10

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb pork loin boneless
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 3 cloves garlic peeled
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

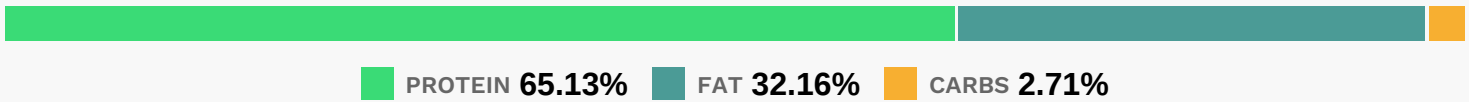
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Trim excess fat from pork.
- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
- ☐ Sprinkle with salt and pepper.
- ☐ Place onion and garlic in 3 1/2- to 6-quart slow cooker.
- ☐ Place pork on onion and garlic.
- ☐ Pour broth over pork.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until pork is tender. Reserve 1 cup cooking liquid.
- ☐ Serve pork now, or remove pork from slow cooker and cool slightly. Shred warm pork, using 2 forks.
- ☐ Place 2 cups shredded pork in each refrigerator or freezer container.
- ☐ Add 1/2 cup reserved cooking liquid to each container. Cover and refrigerate up to 4 days or freeze up to 4 months. To thaw frozen pork, place container in refrigerator about 8 hours.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:16.218695711749%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 228.98kcal (11.45%), Fat: 7.87g (12.11%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.58g (0.64%), Cholesterol: 100.49mg (33.5%), Sodium: 398.14mg (17.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.77%), Selenium: 44.26µg (63.23%), Vitamin B6: 1.22mg (61.16%), Vitamin B1: 0.72mg (47.68%), Vitamin B3: 9.19mg (45.96%), Phosphorus: 362.87mg (36.29%), Zinc: 2.9mg (19.37%), Vitamin B2: 0.31mg (18.52%), Potassium: 619.03mg (17.69%), Vitamin B12: 0.81µg (13.57%), Vitamin B5: 1.21mg (12.05%), Magnesium: 43.01mg (10.75%), Copper: 0.1mg (5.2%), Iron: 0.92mg (5.13%), Vitamin D: 0.63µg (4.23%), Manganese: 0.06mg (3.23%), Vitamin K: 2.72µg (2.59%), Vitamin E: 0.33mg (2.21%), Calcium: 13.62mg (1.36%), Vitamin C: 1.09mg (1.33%)