



Slow-Cooker Garlic Pork Roast and Sweet Potatoes



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb pork loin boneless
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 4 cups rum peeled
- ☐ 1 medium onion sliced
- ☐ 6 cloves garlic peeled

☐ 1 cup chicken broth (from 32-oz carton)

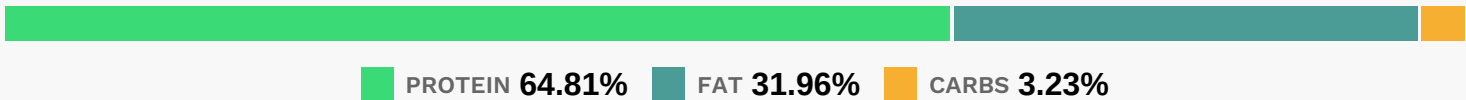
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ If pork roast comes in netting or is tied, remove netting or strings.
- ☐ Remove fat from pork. In 10-inch skillet, heat oil over medium-high heat.
- ☐ Sprinkle salt and pepper over pork. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
- ☐ In 4- to 5-quart slow cooker, place sweet potatoes, onion and garlic.
- ☐ Place pork on vegetables.
- ☐ Pour broth over pork.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:20.624347773502%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 565.11kcal (28.26%), Fat: 9.85g (15.15%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.73g (0.81%), Cholesterol: 125.61mg (41.87%), Sodium: 499.06mg (21.7%), Alcohol: 40.08g (100%), Alcohol %: 13.86% (100%), Protein: 44.93g (89.86%), Selenium: 55.48µg (79.26%), Vitamin B6: 1.54mg (77.21%), Vitamin B1: 0.9mg (60.23%), Vitamin B3: 11.51mg (57.57%), Phosphorus: 460.11mg (46.01%), Zinc: 3.69mg (24.62%), Vitamin B2: 0.4mg (23.51%), Potassium: 780.7mg (22.31%), Vitamin B12: 1.02µg (16.97%), Vitamin B5: 1.51mg (15.13%), Magnesium: 54.05mg (13.51%), Copper: 0.16mg (7.93%), Iron: 1.22mg (6.79%),

Manganese: 0.12mg (6.05%), Vitamin D: 0.79µg (5.29%), Vitamin K: 3.42µg (3.26%), Vitamin E: 0.41mg (2.76%),
Vitamin C: 1.72mg (2.08%), Calcium: 19.07mg (1.91%), Fiber: 0.31g (1.25%)