



Slow Cooker Ginger Pork

 Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound boston butt pork shoulder boneless cubed
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons ginger root fresh grated
- ☐ 3 green onions chopped
- ☐ 6 ounce chicken ramen noodles with seasoning packets flavored
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 cups sugar snap peas
- ☐ 3 cups water

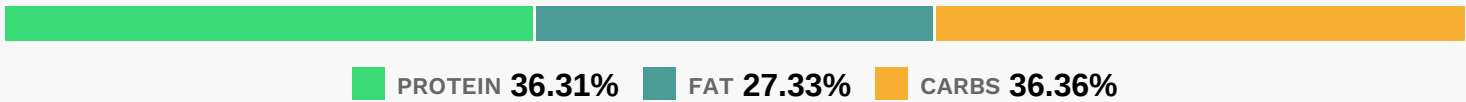
Equipment

☐ slow cooker

Directions

- ☐ Place the pork and ginger into a slow cooker, and sprinkle the seasoning packets from the ramen noodles over them.
- ☐ Pour in the water. Cover, and cook on Low for 6 to 8 hours.
- ☐ About 10 minutes before you are ready to eat, turn the slow cooker up to High. Break the ramen noodle bundles into quarters, and place them into the slow cooker along with the sugar snap peas and green onions. In a small cup, stir together the soy sauce and cornstarch. Stir into the slow cooker. Cover, and cook for about 5 more minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.41, Inflammation Score:-6, Nutrition Score:24.13260824784%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 355.05kcal (17.75%), Fat: 10.61g (16.32%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 29.51g (10.73%), Sugar: 2.44g (2.71%), Cholesterol: 68.04mg (22.68%), Sodium: 1190.4mg (51.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.41%), Vitamin B1: 1.23mg (82.13%), Vitamin B3: 13.08mg (65.39%), Selenium: 33.89µg (48.42%), Vitamin B6: 0.93mg (46.53%), Vitamin B2: 0.68mg (40.07%), Phosphorus: 339.41mg (33.94%), Vitamin C: 23.92mg (28.99%), Vitamin K: 30.24µg (28.8%), Iron: 3.73mg (20.72%), Zinc: 2.75mg (18.32%), Vitamin B12: 1.09µg (18.21%), Manganese: 0.36mg (17.96%), Potassium: 616.82mg (17.62%), Folate: 70.17µg (17.54%), Vitamin B5: 1.53mg (15.32%), Magnesium: 53.92mg (13.48%), Copper: 0.23mg (11.7%), Vitamin A: 494.31IU (9.89%), Fiber: 2.23g (8.93%), Vitamin E: 0.93mg (6.19%), Calcium: 48.96mg (4.9%)