



Slow-Cooker Glazed Pork Roast with Carrots and Corn

 Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pork shoulder boneless
- ☐ 1 lb baby carrots
- ☐ 0.5 cup barbecue sauce
- ☐ 0.3 cup honey
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.7 cup barbecue sauce

- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup corn frozen

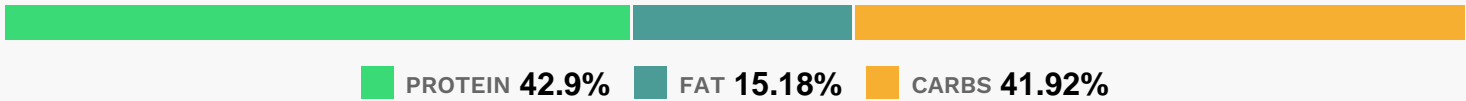
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ If pork roast comes in netting or is tied, remove netting or strings.
- ☐ Remove fat from pork. In 3- to 4-quart slow cooker, place pork. Arrange carrots around and on top of pork. In small bowl, mix 1/2 cup barbecue sauce, the honey, vinegar and seasoned salt; pour over pork and carrots.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove pork and vegetables from cooker; place on serving platter. Cover to keep warm.
- ☐ In small bowl, mix 2/3 cup barbecue sauce and the flour; gradually stir into juices in cooker. Increase heat setting to High. Cover; cook about 15 minutes, stirring occasionally, until thickened. Stir in corn. Cover; cook 5 minutes longer.
- ☐ Serve sauce over pork and vegetables.

Nutrition Facts



Properties

Glycemic Index:29.55, Glycemic Load:9.63, Inflammation Score:-10, Nutrition Score:37.267825997394%

Nutrients (% of daily need)

Calories: 506.03kcal (25.3%), Fat: 8.43g (12.96%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 48.73g (17.72%), Sugar: 34.87g (38.74%), Cholesterol: 136.08mg (45.36%), Sodium: 1145.7mg (49.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.58g (107.16%), Vitamin A: 10550.73IU (211.01%), Vitamin B3: 23.32mg (116.58%), Vitamin B1: 1.57mg (104.5%), Vitamin B6: 1.81mg (90.67%), Selenium: 62.02µg (88.59%), Vitamin B2: 1.17mg (68.72%), Phosphorus: 583.29mg (58.33%), Potassium: 1268.28mg (36.24%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.91mg (32.75%), Vitamin B5: 2.73mg (27.34%), Magnesium: 84.95mg (21.24%), Iron: 3.6mg (19.98%), Manganese: 0.32mg (15.89%), Copper: 0.32mg (15.85%), Fiber: 3.63g (14.53%), Folate: 42.34µg

(10.58%), Vitamin K: 8.12µg (7.74%), Calcium: 63.55mg (6.35%), Vitamin C: 4.35mg (5.27%), Vitamin E: 0.63mg (4.2%)