



Slow-Cooker Honey Barbecue Pork Roast with Carrots

 Gluten Free  Dairy Free

READY IN



405 min.

SERVINGS



6

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork loin boneless trimmed of fat
- 0.3 cup barbecue sauce
- 2 tablespoons honey
- 1 tablespoon balsamic vinegar
- 1 tablespoon soya sauce
- 0.5 teaspoon ground ginger
- 0.3 teaspoon pepper

20 oz candied pecans frozen thawed

Equipment

bowl

slow cooker

cutting board

Directions

Spray 3 1/2- to 4-quart slow cooker with cooking spray.

Place pork in slow cooker. In small bowl, mix remaining ingredients except carrots; pour over pork.

Cover; cook on Low heat setting 6 to 7 hours.

Place carrots around pork. Increase heat setting to High. Cover; cook about 30 minutes longer or until carrots are crisp-tender.

Remove pork from slow cooker to cutting board; cut into slices.

Place pork on serving platter; top with sauce and carrots.

Nutrition Facts



PROTEIN 16.54% **FAT 53.2%** **CARBS 30.26%**

Properties

Glycemic Index:24.88, Glycemic Load:3.27, Inflammation Score:-2, Nutrition Score:13.12086948882%

Nutrients (% of daily need)

Calories: 709.72kcal (35.49%), Fat: 41.85g (64.38%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 49.95g (18.16%), Sugar: 45.22g (50.25%), Cholesterol: 71.44mg (23.81%), Sodium: 759.13mg (33.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.53%), Selenium: 31.79µg (45.42%), Vitamin B6: 0.88mg (43.85%), Vitamin B1: 0.51mg (33.86%), Vitamin B3: 6.75mg (33.77%), Phosphorus: 263.42mg (26.34%), Fiber: 3.6g (14.4%), Zinc: 2.11mg (14.04%), Potassium: 477.27mg (13.64%), Vitamin B2: 0.23mg (13.45%), Iron: 2.07mg (11.48%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.89mg (8.89%), Magnesium: 33.71mg (8.43%), Calcium: 79.36mg (7.94%), Manganese: 0.12mg (5.91%), Copper: 0.09mg (4.32%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.28mg (1.84%)