



## Slow-Cooker Honey-Dijon Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



500 min.

SERVINGS



8

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup onion chopped
- 2 apples peeled sliced
- 1 tablespoon honey
- 1 tablespoon dijon mustard
- 0.5 teaspoon coriander seeds crushed
- 0.3 teaspoon salt
- 2 lb pork loin boneless
- 1 tablespoon cornstarch

2 tablespoons water

## Equipment

bowl

sauce pan

aluminum foil

slow cooker

## Directions

In 4 to 6-quart slow cooker, combine onion and apples. In small bowl, combine honey, mustard, coriander and salt; mix well.

Spread on all sides of pork roast.

Place pork over onion and apples.

Cover; cook on Low setting 7 to 8 hours.

Remove pork from slow cooker; place on serving platter. Cover with foil.

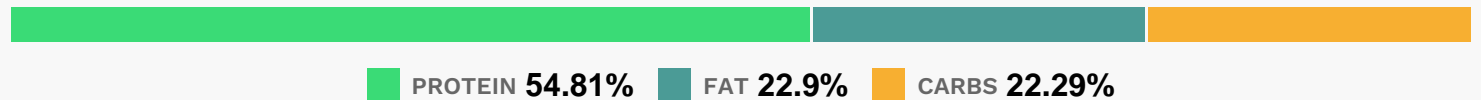
In small saucepan, blend water and cornstarch until smooth.

Add apple mixture and juices from slow cooker; mix well. Cook over medium heat until mixture boils, stirring occasionally.

Cut pork into slices.

Serve pork with sauce.

## Nutrition Facts



## Properties

Glycemic Index:17.91, Glycemic Load:3, Inflammation Score:-2, Nutrition Score:12.244782520377%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## **Nutrients (% of daily need)**

Calories: 190.65kcal (9.53%), Fat: 4.78g (7.35%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.34g (8.15%), Cholesterol: 71.44mg (23.81%), Sodium: 150.14mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.45%), Selenium: 32.18µg (45.97%), Vitamin B6: 0.89mg (44.44%), Vitamin B1: 0.52mg (34.57%), Vitamin B3: 6.58mg (32.92%), Phosphorus: 265.82mg (26.58%), Potassium: 493.2mg (14.09%), Zinc: 2.1mg (14.01%), Vitamin B2: 0.23mg (13.48%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.89mg (8.92%), Magnesium: 34.19mg (8.55%), Fiber: 1.41g (5.64%), Copper: 0.09mg (4.33%), Iron: 0.75mg (4.19%), Vitamin C: 2.88mg (3.49%), Vitamin D: 0.45µg (3.02%), Manganese: 0.05mg (2.49%), Vitamin E: 0.24mg (1.59%), Calcium: 13.1mg (1.31%), Vitamin K: 1.07µg (1.02%)