



Slow-Cooker Jamaican Pork Roast

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

READY IN



495 min.

SERVINGS



8

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 1.5 pound pork loin boneless trimmed of fat
- 1 teaspoon salt
- 0.3 cup onion finely chopped
- 1 small jalapeno red seeded finely chopped
- 2 cloves garlic finely chopped
- 1 tablespoon t brown sugar dark packed
- 1 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 0.5 teaspoon ground allspice
- 2 teaspoons apple cider vinegar
- 2 teaspoons thyme sprigs fresh chopped

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat oil in 12-inch skillet over medium-high heat. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
- Sprinkle with salt.
- Place pork in 4- to 5-quart slow cooker.
- Mix remaining ingredients except thyme in medium bowl; spread mixture over pork.
- Cover and cook on Low heat setting 7 to 8 hours.
- Sprinkle thyme over pork.

Nutrition Facts

PROTEIN 51.06% **FAT 41.44%** **CARBS 7.5%**

Properties

Glycemic Index:34.63, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:9.5108697051587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 154.21kcal (7.71%), Fat: 6.94g (10.67%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.81g (2.01%), Cholesterol: 53.58mg (17.86%), Sodium: 333.51mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.23g (38.46%), Selenium: 23.73µg (33.9%), Vitamin B6: 0.67mg (33.47%), Vitamin B1: 0.38mg (25.51%), Vitamin B3: 4.94mg (24.69%), Phosphorus: 195.97mg (19.6%), Zinc: 1.57mg (10.48%), Potassium: 342.86mg (9.8%), Vitamin B2: 0.17mg (9.73%), Vitamin B12: 0.43µg (7.23%), Vitamin B5: 0.65mg (6.53%), Vitamin K: 6.61µg (6.29%), Magnesium: 24.76mg (6.19%), Vitamin C: 3.98mg (4.83%), Manganese: 0.09mg (4.63%), Iron: 0.64mg (3.54%), Copper: 0.06mg (3.12%), Vitamin E: 0.41mg (2.72%), Vitamin D: 0.34µg (2.27%), Fiber: 0.38g (1.53%), Calcium: 14.1mg (1.41%)