



Slow Cooker Lancaster County Pork and Sauerkraut

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



380 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon caraway seeds
- 4 pound pork loin
- 6 servings salt and pepper to taste
- 2 cups sauerkraut with liquid

Equipment

- slow cooker

Directions

- Cut pork loin, if necessary, to fit in the slow cooker. Season with caraway seeds, and salt and pepper to taste.
- Pour sauerkraut over the roast.
- Cook on High for 1 hour, then cook on Low for 5 to 6 hours. Internal temperature of the roast should be at least 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 69.4% **FAT 28.37%** **CARBS 2.23%**

Properties

Glycemic Index:5.33, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:29.972173874793%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 409.26kcal (20.46%), Fat: 12.39g (19.06%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.84g (0.94%), Cholesterol: 190.51mg (63.5%), Sodium: 654.89mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.2g (136.41%), Selenium: 84.09µg (120.13%), Vitamin B6: 2.35mg (117.29%), Vitamin B1: 1.35mg (90.06%), Vitamin B3: 17.45mg (87.26%), Phosphorus: 691.75mg (69.17%), Zinc: 5.55mg (37.01%), Potassium: 1215.97mg (34.74%), Vitamin B2: 0.58mg (33.95%), Vitamin B12: 1.54µg (25.7%), Vitamin B5: 2.3mg (22.97%), Magnesium: 85.64mg (21.41%), Iron: 2.38mg (13.25%), Copper: 0.22mg (11.2%), Vitamin C: 7.03mg (8.52%), Vitamin D: 1.21µg (8.06%), Fiber: 1.5g (6%), Vitamin K: 6.15µg (5.86%), Manganese: 0.1mg (4.87%), Calcium: 31.74mg (3.17%), Vitamin E: 0.47mg (3.12%), Folate: 11.39µg (2.85%)