



Slow-Cooker Maple-Sage Pork Roast



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork shoulder boneless
- ☐ 2 tablespoons maple syrup
- ☐ 1 clove garlic finely chopped
- ☐ 2 teaspoons sage dried
- ☐ 0.5 teaspoon beef bouillon granules
- ☐ 0.5 cup water
- ☐ 2 cups butternut squash peeled
- ☐ 2 cups baby carrots cut in half lengthwise

- ☐ 2 small onion cut into wedges
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup water

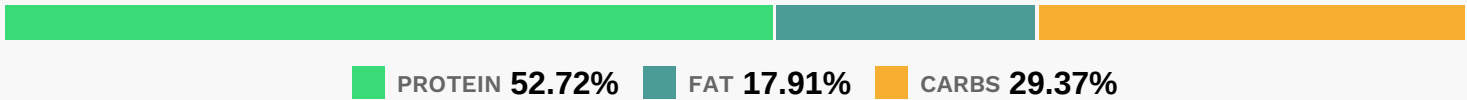
Equipment

- ☐ bowl
- ☐ microwave
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Spray 4- to 5-quart slow cooker with cooking spray. If pork roast comes in netting or is tied, remove netting or strings.
- ☐ Place pork in cooker. In small bowl, mix syrup, garlic, sage, bouillon granules and 1/2 cup water; spoon over pork. Arrange squash, carrots and onions around pork.
- ☐ Cover; cook on Low heat setting 8 to 9 hours.
- ☐ Remove pork and vegetables from cooker; cover to keep warm. If desired, skim fat from juices in cooker.
- ☐ Pour juices into 4-cup microwavable measuring cup. In small bowl, mix cornstarch and 1/2 cup water until smooth; stir into juices in cup. Microwave uncovered on High 2 to 3 minutes, stirring every minute, until mixture thickens.
- ☐ Serve with pork and vegetables.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:25.609130776447%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 204.39kcal (10.22%), Fat: 3.98g (6.13%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 12.7g (4.62%), Sugar: 6.05g (6.73%), Cholesterol: 68.04mg (22.68%), Sodium: 120.58mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin A: 8133.69IU (162.67%), Copper: 1.67mg (83.66%), Vitamin B3: 11.52mg (57.59%), Vitamin B1: 0.79mg (52.66%), Vitamin B6: 0.93mg (46.61%), Selenium: 29.98µg (42.83%), Vitamin B2: 0.62mg (36.2%), Phosphorus: 286.7mg (28.67%), Potassium: 668.71mg (19.11%), Manganese: 0.33mg (16.53%), Vitamin B12: 0.99µg (16.46%), Zinc: 2.4mg (16.01%), Vitamin B5: 1.41mg (14.06%), Magnesium: 48.78mg (12.19%), Vitamin C: 9.59mg (11.63%), Iron: 1.66mg (9.22%), Fiber: 2g (7.98%), Folate: 21.47µg (5.37%), Calcium: 49.43mg (4.94%), Vitamin E: 0.6mg (3.99%), Vitamin K: 3.47µg (3.3%)