






 **52%**  
HEALTH SCORE

# Slow-Cooker Orange Pork Tenderloin with Butternut Squash

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

READY IN  
  
**500 min.**

SERVINGS  
  
**6**

CALORIES  
  
**318 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 3 pounds butternut squash peeled cut into 2-inch pieces (6 cups)
- 0.5 teaspoon salt
- 2 pounds pork tenderloin
- 0.3 cup orange marmalade
- 2 cloves garlic finely chopped

## Equipment

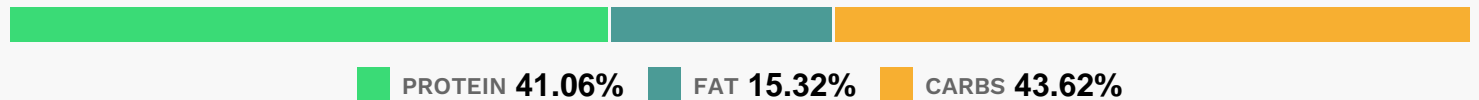
- slow cooker

cutting board

## Directions

- Arrange squash around edge in 3- to 4-quart slow cooker.
- Sprinkle with salt.
- Place pork in slow cooker (it will overlap squash
- slightly).
- Mix marmalade and garlic; spread evenly over pork.
- Cover and cook on low heat setting 7 to 8 hours.
- Remove pork from cooker; place on cutting board.
- Cut pork into
- slices; serve with squash.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:34.914347907771%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 317.79kcal (15.89%), Fat: 5.57g (8.57%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 31.03g (11.28%), Sugar: 13g (14.44%), Cholesterol: 98.28mg (32.76%), Sodium: 289.12mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.19%), Vitamin A: 24119.82IU (482.4%), Vitamin B1: 1.71mg (114.28%), Vitamin B6: 1.52mg (76.04%), Selenium: 47.17µg (67.38%), Vitamin B3: 12.73mg (63.65%), Vitamin C: 48.58mg (58.88%), Phosphorus: 444.32mg (44.43%), Potassium: 1401.51mg (40.04%), Vitamin B2: 0.56mg (32.9%), Magnesium: 118.46mg (29.61%), Manganese: 0.5mg (24.96%), Vitamin E: 3.61mg (24.05%), Vitamin B5: 2.18mg (21.81%), Zinc: 3.18mg (21.23%), Fiber: 4.65g (18.6%), Iron: 3.09mg (17.18%), Copper: 0.31mg (15.65%), Folate: 62.47µg (15.62%), Vitamin B12: 0.79µg (13.1%), Calcium: 124.93mg (12.49%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.51µg (2.39%)