



HEALTH SCORE

67%

Slow Cooker Pernil Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



380 min.

SERVINGS



3

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 pound pork loin roast boneless



4 cloves garlic



2 teaspoons ground ancho chile pepper



1 tablespoon ground cumin



2 teaspoons ground pepper black



1 lime cut into wedges



3 servings olive oil



1 large onion quartered

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon citrus champagne vinegar

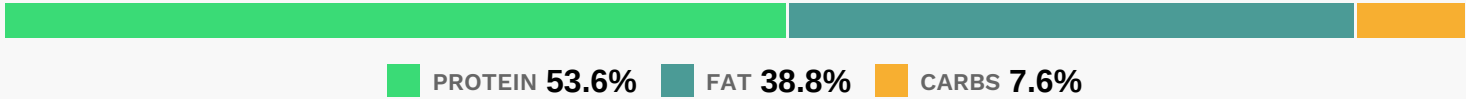
Equipment

- ☐ blender
- ☐ slow cooker

Directions

- ☐ Place the garlic, onion, oregano, cumin, chile pepper, salt, and pepper into a blender.
- ☐ Pour in the olive oil and vinegar. Puree until smooth.
- ☐ Spread this mixture all over the pork loin, and place into a slow cooker.
- ☐ Cook on Low until the pork is fork tender, 6 to 8 hours. When ready, cut the pork into chunks, or shred; garnish with lime wedges to serve.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:43.491739003555%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.31mg, Quercetin: 10.31mg, Quercetin: 10.31mg, Quercetin: 10.31mg

Nutrients (% of daily need)

Calories: 786.44kcal (39.32%), Fat: 33.35g (51.31%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 10.22g (3.72%), Sugar: 4.08g (4.53%), Cholesterol: 285.76mg (95.25%), Sodium: 1783.84mg (77.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 103.66g (207.33%), Selenium: 126.99µg (181.42%), Vitamin B6: 3.62mg (180.89%), Vitamin B1: 2.07mg (137.98%), Vitamin B3: 26.74mg (133.68%), Phosphorus:

1067.87mg (106.79%), Zinc: 8.56mg (57.07%), Potassium: 1967.59mg (56.22%), Vitamin B2: 0.94mg (55.1%),
Vitamin B12: 2.31µg (38.56%), Magnesium: 147.01mg (36.75%), Vitamin B5: 3.59mg (35.94%), Vitamin K: 35.4µg
(33.71%), Iron: 5.75mg (31.96%), Manganese: 0.6mg (30.06%), Vitamin E: 3.46mg (23.07%), Vitamin A: 972.3IU
(19.45%), Copper: 0.37mg (18.72%), Fiber: 4.47g (17.87%), Vitamin C: 12.73mg (15.44%), Calcium: 129.43mg (12.94%),
Vitamin D: 1.81µg (12.1%), Folate: 21.41µg (5.35%)