



Slow-Cooker Pork and Pineapple on a Stick

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

READY IN



355 min.

SERVINGS



15

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb pork loin boneless trimmed of fat cut into 3/4-inch pieces
- 0.3 cup hoisin sauce
- 1 clove garlic minced
- 8 oz pineapple chunks drained canned
- 0.3 cup barbecue sauce
- 0.3 cup plum sauce chinese
- 1 large bell pepper green seeded cut into 3/4-inch pieces

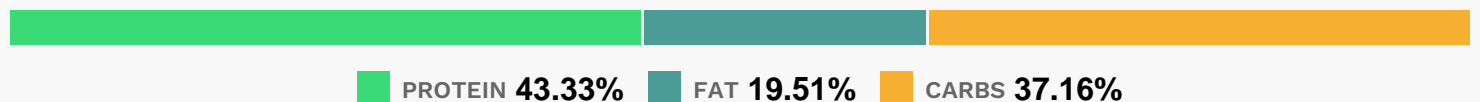
Equipment

- bowl
- skewers
- slow cooker

Directions

- Spray 1 1/2- to 2-quart slow cooker with cooking spray. In slow cooker, mix pork, hoisin sauce, garlic and reserved 2 tablespoons pineapple juice to coat pork evenly. (Refrigerate remaining pineapple.)
- Cover; cook on Low setting 4 to 5 hours.
- About 40 minutes before serving, drain cooking juices in slow cooker. In small bowl, mix barbecue sauce and plum sauce. Spoon sauce over pork; stir gently to coat.
- Add pineapple chunks to pork mixture.
- Sprinkle with bell pepper.
- Increase heat setting to High; cover and cook 25 to 30 minutes longer or until pork is glazed.
- Gently stir pork mixture.
- Serve with long wooden picks or skewers for spearing pork, pineapple and bell pepper pieces. If necessary, cover and hold in slow cooker on Low setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.0026086750238%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 99.07kcal (4.95%), Fat: 2.12g (3.26%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.47g (3.08%), Sugar: 5.25g (5.84%), Cholesterol: 28.71mg (9.57%), Sodium: 173.43mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.15%), Vitamin B6: 0.39mg (19.56%), Selenium: 12.82µg (18.31%), Vitamin B1: 0.23mg (15.01%), Vitamin B3: 2.84mg (14.18%), Vitamin C: 10.35mg (12.54%), Phosphorus:

109.42mg (10.94%), Potassium: 238.01mg (6.8%), Vitamin B2: 0.11mg (6.36%), Zinc: 0.88mg (5.87%), Magnesium: 17.53mg (4.38%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.36mg (3.64%), Copper: 0.06mg (3.18%), Iron: 0.48mg (2.65%), Fiber: 0.59g (2.37%), Manganese: 0.04mg (2.17%), Vitamin A: 61.17IU (1.22%), Vitamin D: 0.18µg (1.21%), Vitamin E: 0.15mg (1.02%)