



 **65%**
HEALTH SCORE

Slow-Cooker Pork and Potatoes with Rosemary

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



560 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 1.5 cups beef broth flavored (from 32-ounce carton)
- 3 pound pork loin boneless
- 3 tablespoons dijon mustard
- 0.3 cup onion finely chopped
- 0.5 teaspoon pepper
- 1 pound potatoes - remove skin red cut into fourths

1 teaspoon salt

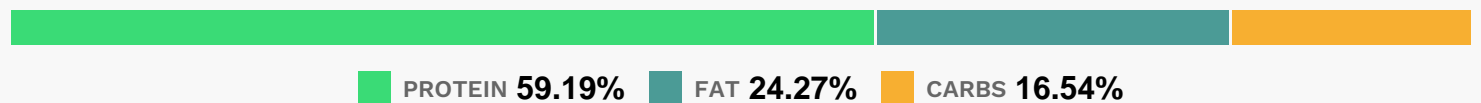
Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Arrange potatoes and carrots around outer edge in 4- to 6-quart slow cooker.
- If pork roast comes in netting or is tied, do not remove.
- Mix mustard, rosemary, thyme, salt and pepper in small bowl; spread evenly over pork.
- Place pork in slow cooker (it will overlap vegetables slightly).
- Sprinkle onion over pork.
- Pour broth evenly over pork and vegetables.
- Cover and cook on Low heat setting 8 to 9 hours.
- Remove pork and vegetables from cooker, using slotted spoon.
- Place pork on cutting board; remove netting or strings. Slice pork. To serve, spoon juices from cooker over pork and vegetables.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:29.76565225228%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 371.62kcal (18.58%), Fat: 9.74g (14.98%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 12.55g (4.56%), Sugar: 2.38g (2.65%), Cholesterol: 142.88mg (47.63%), Sodium: 834.96mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.44g (106.88%), Selenium: 66.4µg (94.86%), Vitamin B6: 1.88mg (94.14%), Vitamin B1: 1.09mg (72.73%), Vitamin B3: 14.54mg (72.68%), Vitamin A: 2953.53IU (59.07%), Phosphorus: 580.48mg (58.05%), Potassium: 1298.43mg (37.1%), Zinc: 4.43mg (29.54%), Vitamin B2: 0.47mg (27.93%), Magnesium: 83.49mg (20.87%), Vitamin B5: 2.03mg (20.31%), Vitamin B12: 1.2µg (19.98%), Copper: 0.26mg (13.24%), Iron: 2.22mg (12.34%), Manganese: 0.22mg (11.14%), Fiber: 2.38g (9.53%), Vitamin C: 7.58mg (9.19%), Vitamin D: 0.91µg (6.05%), Folate: 22.39µg (5.6%), Vitamin K: 4.61µg (4.39%), Calcium: 36.56mg (3.66%), Vitamin E: 0.33mg (2.21%)