



Slow-Cooker Pork and Potatoes with Rosemary



Gluten Free



Dairy Free



Very Healthy

READY IN



560 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound potatoes – remove skin red cut into fourths
- ☐ 1 cup baby carrots
- ☐ 3 pound pork loin boneless
- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons rosemary dried fresh crumbled chopped
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 cups beef broth flavored (from 32-ounce carton)

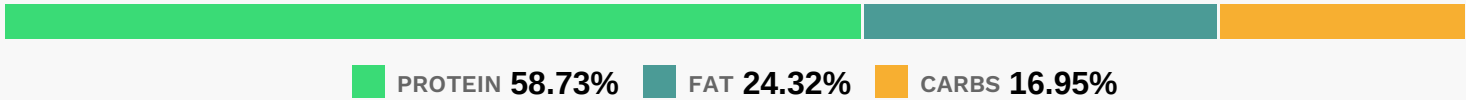
Equipment

- ☐ 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:34.33, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:30.182608915412%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg 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: 374.16kcal (18.71%), Fat: 9.85g (15.15%), Saturated Fat: 3g (18.77%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 12.72g (4.63%), Sugar: 2.38g (2.65%), Cholesterol: 142.88mg (47.63%), Sodium: 835.32mg (36.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.49g (106.98%), Selenium: 66.44µg (94.91%), Vitamin B6: 1.9mg (94.78%), Vitamin B1: 1.09mg (72.97%), Vitamin B3: 14.55mg (72.75%), Vitamin A: 2990.22IU (59.8%), Phosphorus: 581.3mg (58.13%), Potassium: 1306.83mg (37.34%), Zinc: 4.46mg (29.72%), Vitamin B2: 0.48mg (28.19%), Magnesium: 85.49mg (21.37%), Vitamin B5: 2.03mg (20.32%), Vitamin B12: 1.2µg (19.98%), Iron: 2.47mg (13.75%), Copper: 0.27mg (13.52%), Manganese: 0.24mg (12.05%), Fiber: 2.71g (10.85%), Vitamin C: 8.52mg (10.33%), Folate: 24.58µg (6.15%), Vitamin D: 0.91µg (6.05%), Calcium: 46.45mg (4.64%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.33mg (2.21%)