



Slow Cooker Pork and Sauerkraut



Gluten Free



Low Fod Map

READY IN



490 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter cubed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 pound pork tenderloin whole
- ☐ 20 ounce sauerkraut undrained canned
- ☐ 1 cup water

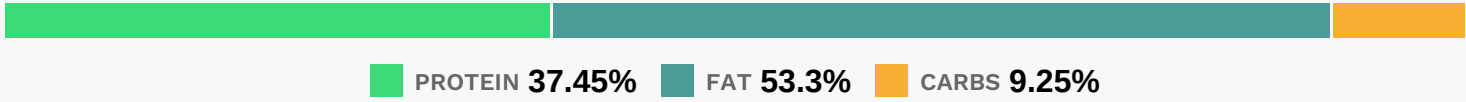
Equipment

- ☐ slow cooker

Directions

- ☐ Place whole pork tenderloin into a slow cooker. Arrange potatoes around the pork; pour the sauerkraut and juice over the pork and potatoes.
- ☐ Add butter cubes, salt, and black pepper. Cook on Low until pork is tender, 8 to 10 hours.
- ☐ Add more water after 8 hours if mixture seems dry.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:20.643912854402%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 264.99kcal (13.25%), Fat: 15.71g (24.17%), Saturated Fat: 8.68g (54.26%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 2g (0.73%), Sugar: 2.53g (2.81%), Cholesterol: 104.21mg (34.74%), Sodium: 1090.12mg (47.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.68%), Vitamin B1: 1.14mg (76.28%), Vitamin B6: 1.05mg (52.62%), Selenium: 35.36µg (50.51%), Vitamin B3: 7.71mg (38.53%), Phosphorus: 307.47mg (30.75%), Vitamin C: 20.84mg (25.26%), Vitamin B2: 0.42mg (24.61%), Potassium: 691.36mg (19.75%), Vitamin K: 19.58µg (18.65%), Iron: 3.2mg (17.76%), Fiber: 4.14g (16.54%), Zinc: 2.41mg (16.06%), Magnesium: 50.09mg (12.52%), Copper: 0.25mg (12.39%), Manganese: 0.24mg (12.13%), Vitamin B5: 1.1mg (10.98%), Vitamin B12: 0.61µg (10.23%), Folate: 34.46µg (8.62%), Vitamin A: 382.88IU (7.66%), Calcium: 54.95mg (5.5%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.34µg (2.27%)