



Slow-Cooker Pork Butt Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



508 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons pepper
- ☐ 4 lb pork shoulder roast boneless (Boston butt)
- ☐ 2 teaspoons salt

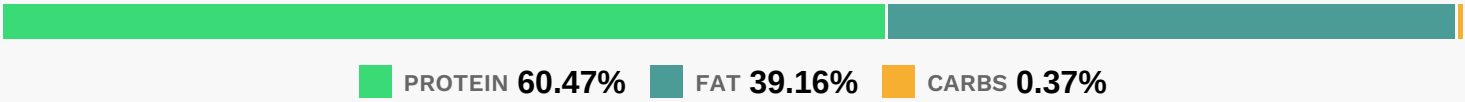
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Trim roast. Rinse roast, and pat dry. Rub roast with 1 Tbsp. olive oil.
- ☐ Sprinkle with salt and pepper; cut roast in half.
- ☐ Cook roast halves in 3 Tbsp. hot oil in a large skillet 2 minutes on each side or until lightly browned.
- ☐ Place roast halves in a lightly greased 6-qt. slow cooker, fat sides up.
- ☐ Cover and cook on HIGH 1 hour. Reduce heat to LOW, and cook 6 to 7 hours or until meat is tender and slices easily.
- ☐ Remove pork, reserving liquid; slice meat.
- ☐ Add 1 cup reserved liquid to pork to moisten.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:22.653478164874%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 280.93kcal (14.05%), Fat: 11.78g (18.13%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0g (0%), Cholesterol: 108.86mg (36.29%), Sodium: 563.26mg (24.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.94g (81.87%), Vitamin B3: 17.43mg (87.13%), Vitamin B1: 1.17mg (78.05%), Selenium: 46.83µg (66.9%), Vitamin B6: 1.31mg (65.56%), Vitamin B2: 0.84mg (49.67%), Phosphorus: 416.12mg (41.61%), Vitamin B12: 1.58µg (26.31%), Zinc: 3.54mg (23.63%), Potassium: 691.3mg (19.75%), Vitamin B5: 1.79mg (17.87%), Magnesium: 47.87mg (11.97%), Iron: 1.69mg (9.38%), Copper: 0.14mg (7.18%), Vitamin E: 0.96mg (6.37%), Manganese: 0.08mg (3.88%), Vitamin K: 4.03µg (3.83%), Calcium: 14.82mg (1.48%)