



Slow Cooker Pork Loin Roast with Apple Cranberry Rice

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

READY IN



375 min.

SERVINGS



10

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound pork loin roast boneless
- 4 cups rice cooked
- 1.5 cups cranberries dried
- 2 granny smith apples chopped
- 0.3 teaspoon ground pepper black to taste
- 10 servings salt and ground pepper black to taste
- 1 tablespoon herbs de provence

- 2 teaspoons olive oil
- 1 teaspoon salt
- 1 large onion yellow chopped

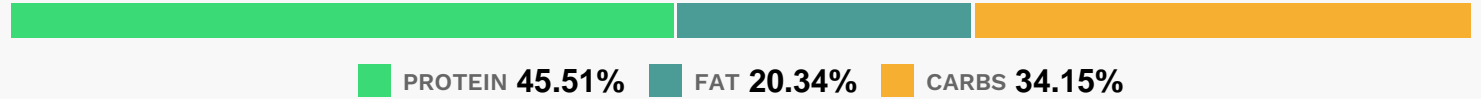
Equipment

- bowl
- slow cooker

Directions

- Place pork roast in a large slow cooker; drizzle with olive oil.
- Sprinkle in herbes de Provence; season with salt and black pepper to taste.
- Mix rice, onion, apples, cranberries, 1 teaspoon salt, and 1/4 teaspoon black pepper together in a large bowl. Spoon rice mixture over and around pork.
- Cover and cook on High for 6 hours or on Low for 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:20.79, Inflammation Score:-4, Nutrition Score:26.280000054318%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 471.01kcal (23.55%), Fat: 10.49g (16.15%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 37.1g (13.49%), Sugar: 17.66g (19.62%), Cholesterol: 142.88mg (47.63%), Sodium: 346.45mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.82g (105.64%), Selenium: 67.77µg (96.82%), Vitamin B6: 1.81mg (90.68%), Vitamin B1: 1.03mg (69%), Vitamin B3: 13.45mg (67.27%), Phosphorus: 548.32mg (54.83%), Zinc: 4.48mg (29.85%), Potassium: 945.4mg (27.01%), Vitamin B2: 0.45mg (26.64%), Manganese: 0.45mg (22.28%), Vitamin B5: 2.02mg (20.18%), Vitamin B12: 1.16µg (19.28%), Magnesium: 71.74mg (17.94%), Iron: 2.01mg (11.18%), Copper: 0.21mg (10.39%), Fiber: 2.53g (10.12%), Vitamin K: 9.83µg (9.36%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.91µg (6.05%), Vitamin C: 3.02mg (3.66%), Calcium: 33.31mg (3.33%), Folate: 6.96µg (1.74%)