



## Slow Cooker Pork Roast

READY IN



495 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter to taste
- 1 ounce onion soup mix dry
- 2 tablespoons flour all-purpose or as needed
- 6 servings salt and ground pepper black to taste
- 3 pound pork sirloin roast
- 16 ounce berry cranberry sauce whole canned

### Equipment

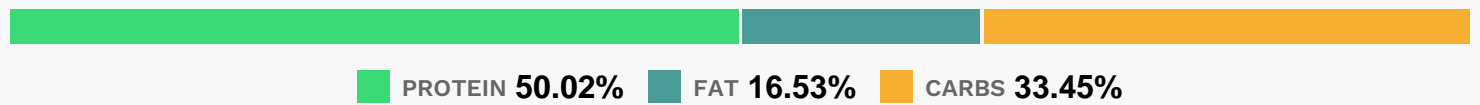
- sauce pan

- whisk
- slow cooker

## Directions

- Rub pork roast all over with onion soup mix and place roast in the slow cooker.
- Pour cranberry sauce over roast.
- Cook on Low for 8 to 10 hours.
- Remove roast to a platter, reserving juices in the slow cooker.
- Melt butter in a saucepan over low heat.
- Whisk flour into melted butter to form a paste.
- Pour reserved juices from the slow cooker into the butter mixture, whisking constantly, until gravy lightens in color and thickens, about 5 minutes. Season with salt and black pepper to taste.
- Serve gravy alongside roast.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:1.39, Inflammation Score:-4, Nutrition Score:26.985217363938%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 433.14kcal (21.66%), Fat: 7.82g (12.03%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 34.35g (12.49%), Sugar: 24.27g (26.97%), Cholesterol: 150.65mg (50.22%), Sodium: 526.71mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.23g (106.47%), Vitamin B1: 1.53mg (101.85%), Selenium: 61.31µg (87.59%), Vitamin B3: 16.59mg (82.93%), Vitamin B6: 1.6mg (80.11%), Phosphorus: 543.14mg

(54.31%), Vitamin B2: 0.85mg (50.15%), Zinc: 4.75mg (31.65%), Potassium: 965.28mg (27.58%), Vitamin B5: 2.1mg (20.99%), Vitamin B12: 1.21µg (20.17%), Magnesium: 61.86mg (15.47%), Iron: 2.31mg (12.83%), Copper: 0.19mg (9.66%), Vitamin E: 1mg (6.68%), Manganese: 0.13mg (6.35%), Fiber: 1.24g (4.94%), Vitamin A: 149.63IU (2.99%), Calcium: 22.3mg (2.23%), Vitamin K: 1.62µg (1.55%), Folate: 5.49µg (1.37%), Vitamin C: 0.92mg (1.11%)