



 **52%**  
HEALTH SCORE

## Slow-Cooker Pork Roast and Sauerkraut Dinner

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

READY IN



**495 min.**

SERVINGS



**6**

CALORIES



**396 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 32 oz sauerkraut refrigerated drained
- 2 medium apples peeled sliced
- 1 teaspoon caraway seeds
- 0.3 cup apple juice
- 2.5 lb pork loin boneless trimmed of fat
- 18 oz potatoes - remove skin red cut in half
- 1 tablespoon dijon mustard

- 3 tablespoons dijon mustard
- 2 tablespoons brown sugar packed

## Equipment

- bowl
- slotted spoon
- slow cooker

## Directions

- In 5- to 6-quart slow cooker, lightly mix sauerkraut, apples, caraway seed and apple juice. With spoon, make indentation in center of mixture; place pork roast in center.
- Arrange potato halves around roast on sauerkraut mixture.
- Spread 1 tablespoon mustard over roast.
- Cover; cook on Low setting 7 to 8 hours.
- In small bowl, mix sauce ingredients.
- Remove roast from slow cooker; place on serving platter.
- Cut roast into slices. Arrange potatoes around slices. With slotted spoon, remove sauerkraut mixture from slow cooker; place in serving bowl.
- Serve roast slices and potatoes with sauerkraut mixture and mustard sauce.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:3.38, Inflammation Score:-6, Nutrition Score:30.192608781483%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## **Nutrients (% of daily need)**

Calories: 396.45kcal (19.82%), Fat: 8.51g (13.09%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 26.29g (9.56%), Sugar: 15.12g (16.8%), Cholesterol: 119.07mg (39.69%), Sodium: 1219.53mg (53.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.96g (91.93%), Vitamin B6: 1.8mg (90.23%), Selenium: 57.18µg (81.69%), Vitamin B1: 0.97mg (64.7%), Vitamin B3: 12.19mg (60.93%), Phosphorus: 527.61mg (52.76%), Potassium: 1451.03mg (41.46%), Vitamin C: 32.53mg (39.43%), Fiber: 7.86g (31.46%), Zinc: 4.08mg (27.2%), Vitamin B2: 0.44mg (25.79%), Magnesium: 97.08mg (24.27%), Iron: 4.19mg (23.28%), Vitamin K: 23.61µg (22.48%), Manganese: 0.44mg (21.95%), Copper: 0.4mg (19.93%), Vitamin B5: 1.86mg (18.63%), Vitamin B12: 0.96µg (16.06%), Folate: 54.19µg (13.55%), Calcium: 79.7mg (7.97%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.62mg (4.13%), Vitamin A: 74.34IU (1.49%)