



WHATSheATE



Slow-Cooker Pork Roast with Cranberries



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup cranberry juice cocktail
- ☐ 1 teaspoon orange zest shredded
- ☐ 2.5 lb pork shoulder boneless trimmed of fat
- ☐ 1 cup cranberries dried sweetened

Equipment

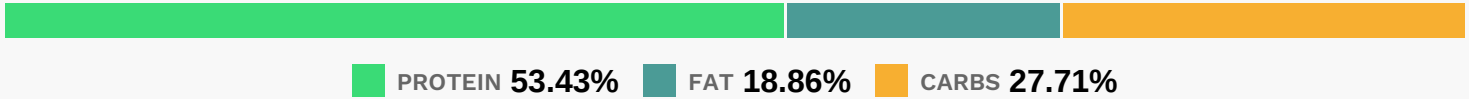
- ☐ bowl

- ☐ sauce pan
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Place pork roast in 3 1/2 to 4-quart slow cooker.
- ☐ In small bowl, combine cranberries, broth, orange peel and 1/4 cup of the cranberry juice cocktail; mix well.
- ☐ Pour over roast.
- ☐ Cover; cook on low setting for 7 to 9 hours.
- ☐ To serve, place roast on serving platter; cover with foil to keep warm.
- ☐ Pour juices from slow cooker into medium saucepan; if necessary, skim off any fat.
- ☐ In small bowl, combine remaining 1/4 cup cranberry juice cocktail and cornstarch; blend well. Stir into juices in saucepan. Cook and stir over medium heat until bubbly and thickened.
- ☐ Serve with pork roast.
- ☐ Garnish with shredded orange peel if desired.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:24.356521636491%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 325.29kcal (16.26%), Fat: 6.71g (10.32%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.05g (7.65%), Sugar: 17.26g (19.18%), Cholesterol: 113.79mg (37.93%), Sodium: 176.39mg (7.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.77g (85.54%), Vitamin B3: 18.31mg (91.56%), Vitamin B1: 1.23mg (81.74%), Selenium: 49.08µg (70.12%), Vitamin B6: 1.37mg (68.64%), Vitamin B2: 0.9mg (52.73%), Phosphorus: 435.83mg (43.58%), Vitamin B12: 1.65µg (27.47%), Zinc: 3.73mg (24.85%), Potassium: 731.57mg (20.9%), Vitamin B5: 1.91mg (19.14%), Magnesium: 50.51mg (12.63%), Vitamin C: 9.41mg (11.41%), Iron: 1.81mg (10.06%), Copper: 0.16mg (8.15%), Manganese: 0.1mg (5.03%), Fiber: 1.13g (4.52%), Vitamin E: 0.63mg (4.2%), Calcium: 17.05mg (1.71%), Vitamin K: 1.75µg (1.66%)