



Slow-Cooker Pork Roast with Creamy Mustard Sauce

 Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 pound pork sirloin roast boneless
- ☐ 1 cup carrots finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons shallots finely chopped
- ☐ 0.8 cup wine dry white
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons dijon mustard country-style
- ☐ 0.3 cup frangelico

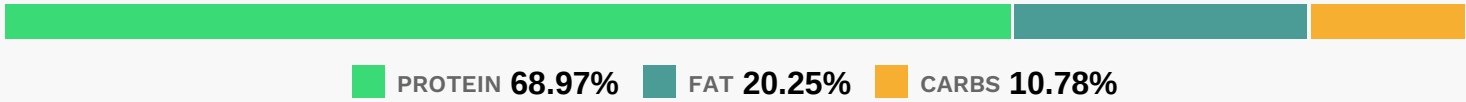
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat. If pork roast comes in netting or is tied, do not remove. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
- ☐ Place pork in 3 1/2- to 6-quart slow cooker.
- ☐ Mix remaining ingredients except half-and-half and mustard in small bowl; pour over pork.
- ☐ Cover and cook on Low heat setting 7 to 9 hours.
- ☐ Remove pork from slow cooker; cover to keep warm. Skim fat from pork juices in cooker if desired. Stir half-and-half and mustard into juices. Increase heat setting to High. Cover and cook about 15 minutes or until slightly thickened.
- ☐ Remove netting or strings from pork.
- ☐ Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:32.23, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:20.00434756279%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin:

0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 215.44kcal (10.77%), Fat: 4.32g (6.65%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.24g (1.54%), Sugar: 1.65g (1.84%), Cholesterol: 87.88mg (29.29%), Sodium: 415.74mg (18.08%), Alcohol: 2.32g (100%), Alcohol %: 1.46% (100%), Protein: 33.13g (66.27%), Vitamin B1: 0.97mg (64.45%), Selenium: 39.46µg (56.37%), Vitamin A: 2676.61IU (53.53%), Vitamin B3: 10.51mg (52.57%), Vitamin B6: 1.03mg (51.72%), Phosphorus: 349.18mg (34.92%), Vitamin B2: 0.53mg (31.4%), Zinc: 3.04mg (20.25%), Potassium: 665.05mg (19%), Vitamin B5: 1.37mg (13.7%), Vitamin B12: 0.75µg (12.52%), Magnesium: 43.57mg (10.89%), Iron: 1.46mg (8.09%), Manganese: 0.13mg (6.36%), Copper: 0.12mg (5.83%), Vitamin K: 5.65µg (5.39%), Fiber: 0.94g (3.77%), Vitamin E: 0.38mg (2.51%), Folate: 9.73µg (2.43%), Vitamin C: 1.9mg (2.3%), Calcium: 20.99mg (2.1%)