



# Slow Cooker Pork Tenderloin with Beer and Veggies

 Dairy Free or type unknown

READY IN

ready

255 min.

SERVINGS

servings

6

CALORIES

calories

268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 fluid ounces beer lager-style molson canadian ® such as
- ☐ 1 teaspoon peppercorns whole black
- ☐ 6 button mushrooms
- ☐ 2 carrots quartered
- ☐ 1 teaspoon sage dried
- ☐ 2 cloves garlic
- ☐ 0.5 small onion cut into chunks

- ☐ 2 pound pork tenderloin
- ☐ 2 potatoes quartered
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons citrus champagne vinegar

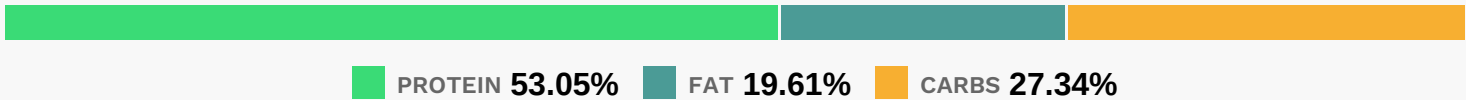
## Equipment

- ☐ slow cooker

## Directions

- ☐ Combine the pork tenderloin, beer, vinegar, potatoes, carrots, mushrooms, garlic, onion, salt, peppercorns, and sage in a slow cooker. Cover and cook on low for 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:48.68, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:28.000434595606%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 268.23kcal (13.41%), Fat: 5.55g (8.55%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 14.78g (5.37%), Sugar: 2.18g (2.42%), Cholesterol: 98.28mg (32.76%), Sodium: 681.42mg (29.63%), Alcohol: 1.15g (100%), Alcohol %: 0.48% (100%), Protein: 33.81g (67.61%), Vitamin B1: 1.58mg (105.22%), Vitamin B6: 1.45mg (72.53%), Selenium: 48.29µg (68.99%), Vitamin A: 3406.53IU (68.13%), Vitamin B3: 11.84mg (59.2%), Phosphorus: 441.13mg (44.11%), Vitamin B2: 0.64mg (37.41%), Potassium: 1054.29mg (30.12%), Zinc: 3.22mg (21.49%), Vitamin C: 16.38mg (19.86%), Vitamin B5: 1.87mg (18.66%), Magnesium: 65.54mg (16.39%), Copper: 0.3mg (15.08%), Manganese: 0.29mg (14.64%), Vitamin B12: 0.8µg (13.34%), Iron: 2.32mg (12.89%), Fiber: 2.64g (10.57%), Folate: 21.71µg (5.43%), Vitamin K: 5.56µg (5.29%), Calcium: 33.42mg (3.34%), Vitamin D: 0.49µg (3.29%), Vitamin E: 0.49mg (3.25%)