



## Slow-Cooker Pork with Sweet-Sour Red Cabbage

 Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups cabbage shredded red
- 1 medium onion thinly sliced
- 1 cup apples peeled chopped
- 0.5 cup brown sugar packed
- 0.5 cup apple cider vinegar
- 1 teaspoon salt
- 2.5 pound pork shoulder boneless

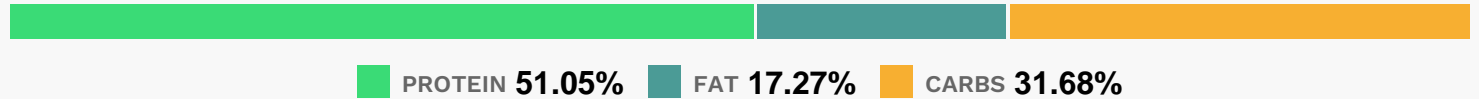
# Equipment

- frying pan
- slow cooker

# Directions

- Spray 4- to 5-quart slow cooker with cooking spray.
- Mix cabbage, onion, apple, brown sugar, vinegar and 1/2 teaspoon of the salt in cooker.
- Spray 12-inch nonstick skillet with cooking spray. If pork roast comes in netting or is tied, do not remove.
- Sprinkle pork with remaining 1/2 teaspoon salt. Cook pork in skillet over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides.
- Place pork on cabbage mixture.
- Cover and cook on Low heat setting 7 to 9 hours.
- Remove netting or strings from pork.
- Serve pork with cabbage.

# Nutrition Facts



# Properties

Glycemic Index:21.83, Glycemic Load:2.21, Inflammation Score:-7, Nutrition Score:29.372173703235%

# Flavonoids

Cyanidin: 124.83mg, Cyanidin: 124.83mg, Cyanidin: 124.83mg, Cyanidin: 124.83mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

## Nutrients (% of daily need)

Calories: 350.44kcal (17.52%), Fat: 6.57g (10.11%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.07g (9.12%), Sugar: 23.08g (25.64%), Cholesterol: 113.4mg (37.8%), Sodium: 512.73mg (22.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.73g (87.45%), Vitamin B3: 18.46mg (92.28%), Vitamin B1: 1.27mg (84.6%), Vitamin B6: 1.53mg (76.33%), Selenium: 49.45µg (70.64%), Vitamin B2: 0.93mg (54.71%), Phosphorus: 460.54mg (46.05%), Vitamin C: 36.13mg (43.8%), Vitamin B12: 1.64µg (27.4%), Potassium: 946.65mg (27.05%), Zinc: 3.87mg (25.8%), Vitamin K: 23.2µg (22.09%), Vitamin B5: 2mg (20.03%), Magnesium: 64.16mg (16.04%), Vitamin A: 673.78IU (13.48%), Iron: 2.39mg (13.3%), Manganese: 0.26mg (13.2%), Copper: 0.18mg (8.85%), Fiber: 2.06g (8.23%), Calcium: 62.25mg (6.22%), Folate: 14.97µg (3.74%), Vitamin E: 0.26mg (1.72%)