



 **65%**
HEALTH SCORE

Slow-Cooker Roast Pork with Fruit

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



555 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium onion sliced
- 1 pork loin boneless
- 8 ounces fruit dried ()
- 0.5 cup apple juice
- 0.5 teaspoon salt
- 0.5 teaspoon nutmeg
- 0.3 teaspoon ground cinnamon


Equipment

slow cooker

Directions

- Place onion in 4- to 5-quart slow cooker.
- Place pork on onion; top with fruit.
- Mix remaining ingredients; pour over fruit.
- Cover and cook on low heat setting 7 to 9 hours or until pork is tender.
- Serve fruit mixture over pork. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts

 **PROTEIN 57.05%**  **FAT 23.56%**  **CARBS 19.39%**

Properties

Glycemic Index:21.72, Glycemic Load:5.76, Inflammation Score:-4, Nutrition Score:29.106086630212%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 446.21kcal (22.31%), Fat: 11.48g (17.66%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.16g (6.6%), Sugar: 15.69g (17.43%), Cholesterol: 172.86mg (57.62%), Sodium: 283.82mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.54g (125.09%), Selenium: 76.26µg (108.94%), Vitamin B6: 2.12mg (106.06%), Vitamin B1: 1.25mg (83.31%), Vitamin B3: 15.97mg (79.84%), Phosphorus: 641.72mg (64.17%), Potassium: 1255.41mg (35.87%), Zinc: 5.16mg (34.38%), Vitamin B2: 0.54mg (31.93%), Vitamin B12: 1.4µg (23.32%), Magnesium: 93.04mg (23.26%), Vitamin B5: 2.19mg (21.92%), Copper: 0.25mg (12.47%), Fiber: 3.1g (12.41%), Iron: 2.11mg (11.75%), Manganese: 0.21mg (10.4%), Vitamin D: 1.1µg (7.32%), Calcium: 64.99mg (6.5%), Vitamin K: 4.5µg (4.28%), Vitamin E: 0.46mg (3.1%), Vitamin C: 1.5mg (1.82%), Folate: 5.26µg (1.32%)