



Slow Cooker Sauerkraut Pork Loin

 Gluten Free  Dairy Free  Very Healthy

READY IN



370 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork loin roast boneless
- ☐ 1.5 cups chicken broth
- ☐ 1 apples i use 2 granny smith apples chopped
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 16 ounce sauerkraut with juice canned
- ☐ 2 tablespoons spicy horseradish mustard

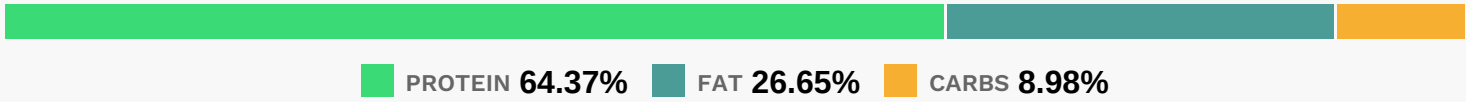
Equipment

☐ slow cooker

Directions

- ☐ Rub the horseradish mustard all over the pork loin.
- ☐ Layer the onion and apple in the slow cooker, and set the pork loin on top.
- ☐ Pour in the sauerkraut, including the juice. Season with salt and black pepper, then add the chicken broth. Cover and cook on Low until very tender, 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:32.36695666676%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 443.21kcal (22.16%), Fat: 12.75g (19.61%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.21g (2.26%), Sugar: 5.6g (6.22%), Cholesterol: 191.68mg (63.89%), Sodium: 1115.67mg (48.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.26g (138.53%), Selenium: 86.24µg (123.21%), Vitamin B6: 2.42mg (120.96%), Vitamin B1: 1.39mg (92.72%), Vitamin B3: 17.69mg (88.43%), Phosphorus: 711.91mg (71.19%), Potassium: 1336.81mg (38.19%), Zinc: 5.7mg (38.02%), Vitamin B2: 0.63mg (37.23%), Vitamin B12: 1.55µg (25.9%), Vitamin B5: 2.38mg (23.84%), Magnesium: 94.79mg (23.7%), Vitamin C: 13.89mg (16.83%), Iron: 2.94mg (16.34%), Copper: 0.28mg (13.8%), Fiber: 3.45g (13.79%), Manganese: 0.22mg (10.9%), Vitamin K: 10.64µg (10.14%), Vitamin D: 1.21µg (8.06%), Folate: 22.89µg (5.72%), Calcium: 49.46mg (4.95%), Vitamin E: 0.6mg (3.99%)