



Slow-Cooker Spiced Orange Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound boston butt pork shoulder
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 medium cranberry-orange relish
- 16 ounces baby carrots
- 0.5 cup apricot dried orange-flavored
- 0.5 cup chicken broth
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 2 tablespoons cornstarch
- 1 tablespoon water
- 1 tablespoon honey
- 1 serving parsley fresh chopped

Equipment

- frying pan
- sauce pan
- slow cooker

Directions

- Sprinkle pork with salt and pepper. Spray 10-inch skillet with cooking spray. Cook pork in skillet over medium-high heat until brown on all sides. Grate peel from orange; squeeze juice from orange. Reserve orange peel and juice.
- Place pork in 3 1/2- to 4-quart slow cooker.
- Place carrots and apricots on pork.
- Mix broth, cinnamon, nutmeg and reserved orange peel and juice; pour over pork.
- Cover and cook on low heat setting 9 to 11 hours or until pork is tender.
- Remove pork, carrots and apricots from cooker; cover to keep warm. Skim fat from surface of juices in cooker; pour juices into 1-quart saucepan.
- Mix cornstarch and water until smooth; stir in honey. Stir honey mixture into juices in saucepan. Cook over medium-low heat about 15 minutes, stirring constantly, until mixture is smooth and bubbly.
- Serve pork with carrots, apricots and sauce.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 37.07% FAT 29.79% CARBS 33.14%

Properties

Glycemic Index:33.4, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:18.17043482739%

Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 192.55kcal (9.63%), Fat: 6.37g (9.8%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.81g (12.01%), Cholesterol: 58.23mg (19.41%), Sodium: 311.28mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.67%), Vitamin A: 8196.84IU (163.94%), Vitamin B1: 0.8mg (53.38%), Selenium: 26.42µg (37.75%), Vitamin B6: 0.44mg (22.07%), Vitamin B3: 4.31mg (21.57%), Phosphorus: 200.15mg (20.02%), Zinc: 2.88mg (19.21%), Vitamin B2: 0.31mg (18.52%), Potassium: 561.57mg (16.04%), Vitamin C: 11.64mg (14.11%), Vitamin K: 13.92µg (13.26%), Vitamin B12: 0.73µg (12.15%), Fiber: 2.77g (11.06%), Iron: 1.87mg (10.41%), Vitamin B5: 1.03mg (10.27%), Copper: 0.18mg (9.15%), Manganese: 0.16mg (8.09%), Magnesium: 28.89mg (7.22%), Folate: 26.24µg (6.56%), Calcium: 44.53mg (4.45%), Vitamin E: 0.39mg (2.63%)