



Slow-Cooker Sweet and Sour Pork

 Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork loin boneless cut into cubes
- 3 tablespoons brown sugar
- 2 tablespoons cornstarch
- 0.5 teaspoon ginger
- 8 oz dole pineapple tidbits unsweetened undrained canned
- 1 medium bell pepper green red cut into squares
- 0.7 cup rice long-grain white uncooked
- 3 tablespoons soya sauce

- 0.3 cup vinegar
- 3 tablespoons water

Equipment

- bowl
- slow cooker

Directions

- In 3 1/2 to 4-quart slow cooker, combine pork, pineapple, bell pepper, brown sugar, ginger, vinegar and soy sauce; mix well.
- Cover; cook on low setting for 6 to 8 hours.
- About 25 minutes before serving, cook rice in 1 1/3 cups water as directed on package.
- About 5 minutes before serving, in small bowl, combine 3 tablespoons water and cornstarch; blend well. Stir into pork mixture in slow cooker. Cover; cook on high setting for an additional 5 minutes or until thickened.
- Serve pork mixture over rice.

Nutrition Facts



PROTEIN 39.62% **FAT 15.27%** **CARBS 45.11%**

Properties

Glycemic Index:37.8, Glycemic Load:15.03, Inflammation Score:-5, Nutrition Score:23.196956686352%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 437.65kcal (21.88%), Fat: 7.24g (11.14%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 46.34g (16.85%), Sugar: 17.81g (19.78%), Cholesterol: 107.16mg (35.72%), Sodium: 844.25mg (36.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.27g (84.55%), Selenium: 52.41µg (74.87%), Vitamin B6: 1.48mg (73.75%), Vitamin B1: 0.86mg (57.2%), Vitamin B3: 11.11mg (55.57%), Phosphorus: 447.25mg (44.72%), Vitamin C: 29.26mg (35.47%), Potassium: 836.06mg (23.89%), Zinc: 3.56mg (23.73%), Manganese: 0.47mg

(23.41%), Vitamin B2: 0.37mg (22%), Magnesium: 70.12mg (17.53%), Vitamin B5: 1.67mg (16.72%), Vitamin B12: 0.87µg (14.46%), Copper: 0.27mg (13.73%), Iron: 1.84mg (10.2%), Fiber: 1.79g (7.17%), Vitamin D: 0.68µg (4.54%), Calcium: 40.77mg (4.08%), Vitamin A: 138.42IU (2.77%), Folate: 10.82µg (2.71%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2.63µg (2.5%)