




Slow-Cooker Sweet & Sour Pork


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

READY IN




420 min.

SERVINGS



1

CALORIES



3556 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.8 cup original barbecue sauce kraft
- 1.5 lb pork loin boneless cut into bite-size pieces
- 14 oz chicken broth canned
- 1 bell pepper green chopped
- 1 onion chopped
- 8 oz pineapple chunks in juice drained canned
- 2 cups rice long-grain white uncooked

Equipment

slow cooker

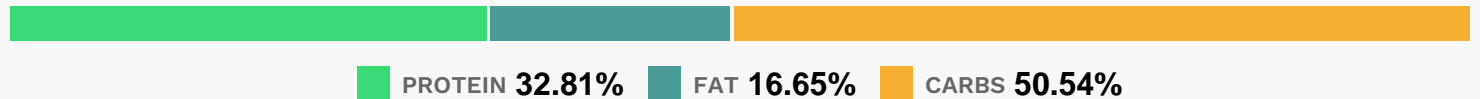
Directions

Place meat in slow cooker; top with onions.

Add broth and barbecue sauce; stir. Cover with lid. Cook on LOW 6 to 7 hours (or on HIGH 4 hours).

Stir in remaining ingredients. Cook, covered, on LOW 45 min. or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:98.19, Glycemic Load:180.67, Inflammation Score:-10, Nutrition Score:73.514347905698%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg

Nutrients (% of daily need)

Calories: 3555.68kcal (177.78%), Fat: 64.13g (98.66%), Saturated Fat: 18.32g (114.48%), Carbohydrates: 437.99g (146%), Net Carbohydrates: 424.41g (154.33%), Sugar: 111.52g (123.91%), Cholesterol: 627.09mg (209.03%), Sodium: 4484.5mg (194.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 284.28g (568.57%), Selenium: 321.61µg (459.45%), Vitamin B6: 7.23mg (361.37%), Vitamin B3: 57.16mg (285.79%), Phosphorus: 2678.1mg (267.81%), Vitamin B1: 3.67mg (244.81%), Manganese: 4.63mg (231.53%), Zinc: 27.14mg (180.9%), Vitamin C: 126.42mg (153.24%), Potassium: 4725.12mg (135%), Vitamin B12: 7.44µg (123.98%), Vitamin B2: 2.08mg (122.43%), Magnesium: 429.62mg (107.4%), Copper: 1.93mg (96.28%), Vitamin B5: 9.43mg (94.26%), Iron: 14.44mg (80.21%), Fiber: 13.58g (54.33%), Vitamin A: 1738.88IU (34.78%), Calcium: 337.46mg (33.75%), Vitamin E: 4.79mg (31.9%), Vitamin K: 24.19µg (23.04%), Folate: 85.97µg (21.49%), Vitamin D: 3.12µg (20.79%)