



## Slow Cooker Thai Pork with Rice



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons garlic minced
- ☐ 1 bunch green onions sliced
- ☐ 0.3 cup peanut butter unsalted
- ☐ 3 pound pork shoulder roast
- ☐ 2 bell peppers red julienned
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 3 tablespoons rice wine vinegar
- ☐ 0.3 cup teriyaki sauce low-sodium

- ☐ 1 cup peanuts unsalted chopped
- ☐ 6 cups water
- ☐ 3 cups rice long grain white uncooked

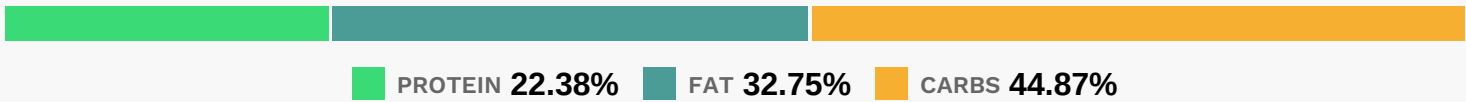
## Equipment

- ☐ pot
- ☐ slow cooker

## Directions

- ☐ Place the pork roast, red bell peppers, garlic, teriyaki sauce, and rice wine vinegar in a slow cooker.
- ☐ Sprinkle with red pepper flakes.
- ☐ Cover, and cook 8 hours on Low.
- ☐ In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and cook 20 minutes.
- ☐ Remove meat from slow cooker, and shred. Stir the peanut butter into the slow cooker. Return shredded meat to slow cooker, and mix with the sauce to coat.
- ☐ Serve over the cooked rice with a sprinkling of peanuts and green onions.

## Nutrition Facts



## Properties

Glycemic Index:17.1, Glycemic Load:22.58, Inflammation Score:-7, Nutrition Score:18.077391479326%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 389.37kcal (19.47%), Fat: 14.13g (21.74%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 41.16g (14.97%), Sugar: 3.24g (3.6%), Cholesterol: 46.35mg (15.45%), Sodium: 371.49mg (16.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.47%), Vitamin B1: 0.69mg (45.72%),

Manganese: 0.88mg (44.06%), Selenium: 28.97µg (41.38%), Vitamin B3: 6.47mg (32.36%), Vitamin C: 26.47mg (32.09%), Phosphorus: 274.48mg (27.45%), Vitamin B6: 0.52mg (25.91%), Zinc: 3.24mg (21.57%), Vitamin B2: 0.3mg (17.62%), Magnesium: 65.91mg (16.48%), Copper: 0.28mg (13.91%), Vitamin B5: 1.35mg (13.48%), Vitamin A: 669.83IU (13.4%), Potassium: 465.27mg (13.29%), Vitamin E: 1.5mg (9.98%), Iron: 1.77mg (9.86%), Vitamin B12: 0.58µg (9.68%), Fiber: 2.41g (9.63%), Folate: 34.72µg (8.68%), Vitamin K: 5.27µg (5.02%), Calcium: 42.12mg (4.21%)