



WHATSheATE



HEALTH SCORE

54%

Slow-Cooker Winter Pork Roast Dinner



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.8 lb pork loin boneless



1 teaspoon salt



0.3 teaspoon pepper



3 large sweet potatoes and into peeled thinly sliced



1 medium onion separated sliced



1.5 teaspoons thyme leaves dried



4 cups apple juice

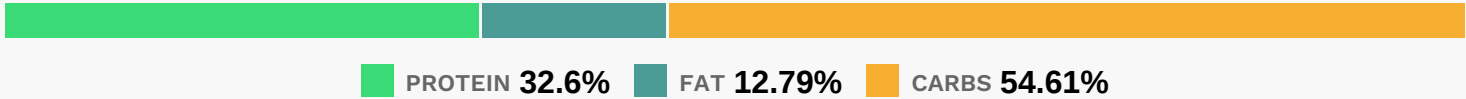
Equipment

- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Sprinkle pork roast with 1/2 teaspoon of the salt and the pepper; place in 4- to 5-quart slow cooker.
- ☐ Place sweet potatoes around and on top of roast. Top with onion; sprinkle with thyme and remaining 1/2 teaspoon salt.
- ☐ Pour apple juice over onion.
- ☐ Cover; cook on Low setting 6 to 8 hours.
- ☐ With slotted spoon, remove vegetables from slow cooker; place on serving platter.
- ☐ Remove roast from slow cooker; place on cutting board.
- ☐ Cut roast into slices; place on platter. If desired, drizzle some of cooking liquid from slow cooker over vegetables and roast.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:24.77, Inflammation Score:-10, Nutrition Score:26.621304346168%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 404.93kcal (20.25%), Fat: 5.7g (8.77%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 54.77g (18.26%), Net Carbohydrates: 48.94g (17.8%), Sugar: 23.79g (26.43%), Cholesterol: 83.35mg (27.78%), Sodium: 553.31mg

(24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.39%), Vitamin A: 24144.13IU (482.88%), Vitamin B6: 1.41mg (70.39%), Selenium: 37.93µg (54.18%), Vitamin B1: 0.76mg (50.81%), Vitamin B3: 8.7mg (43.5%), Phosphorus: 395.12mg (39.51%), Potassium: 1265.68mg (36.16%), Manganese: 0.61mg (30.7%), Vitamin B5: 2.45mg (24.52%), Fiber: 5.83g (23.33%), Vitamin B2: 0.39mg (22.74%), Magnesium: 87.95mg (21.99%), Zinc: 2.97mg (19.78%), Copper: 0.36mg (18.23%), Iron: 2.09mg (11.59%), Vitamin B12: 0.67µg (11.25%), Vitamin C: 7.73mg (9.36%), Calcium: 77.69mg (7.77%), Folate: 22.42µg (5.61%), Vitamin E: 0.64mg (4.23%), Vitamin D: 0.53µg (3.53%), Vitamin K: 3.27µg (3.11%)