



## Spiced Orange Pork Roast

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

READY IN



**20 min.**

SERVINGS



**8**

CALORIES



**192 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apricot dried orange-flavored
- 16 ounces baby carrots
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon honey
- 1 medium cranberry-orange relish

- 0.3 teaspoon pepper
- 2.5 pound boston butt pork shoulder
- 0.5 teaspoon salt
- 1 tablespoon water

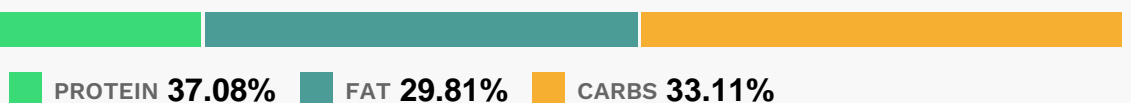
## Equipment

- 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



## Properties

Glycemic Index:29.4, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:17.755652075228%

## 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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 192.37kcal (9.62%), Fat: 6.37g (9.79%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 15.91g (5.31%), Net Carbohydrates: 13.17g (4.79%), Sugar: 10.81g (12.01%), Cholesterol: 58.23mg (19.41%), Sodium: 311mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin A: 8154.72IU (163.09%), Vitamin B1: 0.8mg (53.35%), Selenium: 26.42µg (37.75%), Vitamin B6: 0.44mg (22.05%), Vitamin B3: 4.31mg (21.53%), Phosphorus: 199.86mg (19.99%), Zinc: 2.88mg (19.18%), Vitamin B2: 0.31mg (18.49%), Potassium: 558.8mg (15.97%), Vitamin C: 10.98mg (13.31%), Vitamin B12: 0.73µg (12.15%), Fiber: 2.75g (11%), Vitamin B5: 1.03mg (10.25%), Iron: 1.84mg (10.24%), Copper: 0.18mg (9.11%), Manganese: 0.16mg (8.05%), Magnesium: 28.64mg (7.16%), Folate: 25.48µg (6.37%), Vitamin K: 5.72µg (5.45%), Calcium: 43.84mg (4.38%), Vitamin E: 0.39mg (2.6%)