



Sweet and Hot Apple Slow Cooker Pork

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21 ounce peach pie filling canned
- 2 chipotles in adobo chopped
- 3 tablespoons flour all-purpose
- 0.5 teaspoon pepper black
- 1 large onion chopped
- 2.5 pound pork shoulder boneless
- 0.5 teaspoon salt
- 0.5 teaspoon paprika smoked

- 3 medium sweet potatoes and into peeled cut in 1-inch cubes

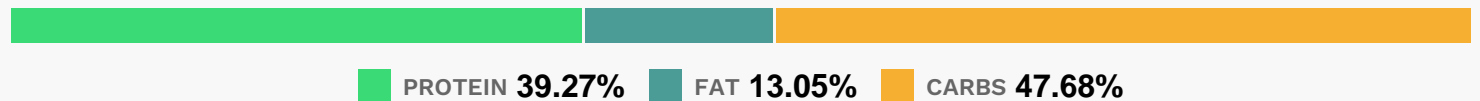
Equipment

- bowl
- sauce pan
- aluminum foil
- slow cooker

Directions

- Lightly coat a 5- to 6-quart slow cooker with nonstick cooking spray. In a small bowl, combine chipotle peppers, salt, pepper, and paprika. Rub mixture over the pork.
- Place pork in the slow cooker. Top with sweet potatoes, onion and LUCKY LEAF Apple Pie Filling.
- Cover; cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
- Remove pork and apple mixture from slow cooker. Cover with foil and let stand 10 minutes.
- Transfer cooking liquid to a medium saucepan. Stir together 1/4 cup water and 3 tablespoons flour.
- Add to saucepan. Cook over medium-high heat until mixture is thickened and bubbly; cook and stir 1 minute more. Slice pork and serve with apple mixture and thickened sauce.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:10.37, Inflammation Score:-10, Nutrition Score:26.989565237709%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 348.23kcal (17.41%), Fat: 5g (7.7%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 37.01g (13.46%), Sugar: 14.88g (16.53%), Cholesterol: 85.05mg (28.35%), Sodium: 304.43mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.76%), Vitamin A: 12104.16IU (242.08%), Vitamin B3: 14.31mg (71.55%), Vitamin B1: 1.02mg (68.04%), Vitamin B6: 1.24mg (61.96%), Selenium: 38.36µg (54.81%), Vitamin B2: 0.74mg (43.51%), Phosphorus: 378.71mg (37.87%), Potassium: 889.83mg (25.42%), Vitamin B5: 2.14mg (21.41%), Zinc: 3.11mg (20.71%), Vitamin B12: 1.23µg (20.55%), Fiber: 4.13g (16.53%), Manganese: 0.32mg (16.01%), Magnesium: 62.46mg (15.62%), Copper: 0.29mg (14.53%), Iron: 2.29mg (12.74%), Vitamin C: 4.69mg (5.68%), Folate: 18.11µg (4.53%), Calcium: 43.99mg (4.4%), Vitamin E: 0.41mg (2.71%), Vitamin K: 2.29µg (2.18%)