



WHATSheATE



HEALTH SCORE

52%

Sweet and Simple Pork Roast



Gluten Free



Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups baby carrots



2 pound roasted



1 onion sweet cut into 1-inch chunks



0.5 cup apple sauce unsweetened



0.3 cup water



0.8 cup grape juice white

Equipment



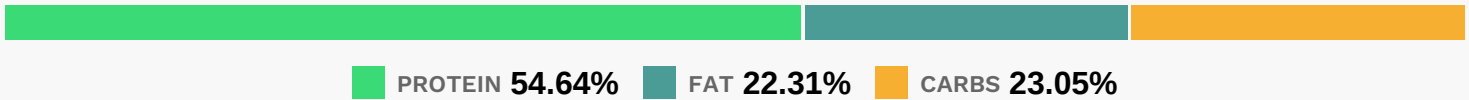
bowl

- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Stir sweet potatoes, carrots, and onion together in a slow cooker. Stir white grape juice, applesauce, and water together in a bowl.
- ☐ Pour 1/2 the grape juice mixture over the vegetables in the slow cooker.
- ☐ Place pork roast on top of the vegetables and pour remaining grape juice mixture over pork.
- ☐ Cook on Low for 10 hours. Ladle accumulated juices over the roast when serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:17.352608680725%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 2.65mg, Malvidin: 2.65mg, Malvidin: 2.65mg, Malvidin: 2.65mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 194.76kcal (9.74%), Fat: 4.72g (7.27%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.47g (3.44%), Sugar: 8.4g (9.33%), Cholesterol: 71.44mg (23.81%), Sodium: 85.7mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Vitamin A: 4419.53IU (88.39%), Vitamin B6: 0.96mg (47.76%), Selenium: 31.95µg (45.65%), Vitamin B1: 0.54mg (35.79%), Vitamin B3: 6.79mg (33.96%), Phosphorus: 279.36mg (27.94%), Potassium: 585.14mg (16.72%), Zinc: 2.17mg (14.48%), Vitamin B2: 0.24mg (14.12%), Vitamin B5: 1.03mg (10.31%), Magnesium: 39.31mg (9.83%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.15mg (7.41%), Copper: 0.13mg (6.53%), Iron: 1.1mg (6.11%), Fiber: 1.52g (6.06%), Folate: 18.61µg (4.65%), Vitamin C: 2.99mg (3.63%), Vitamin K: 3.3µg (3.15%), Vitamin D: 0.45µg (3.02%), Calcium: 27.63mg (2.76%), Vitamin E: 0.18mg

(1.2%)