



Tangy Slow Cooker Pork Roast

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2.5 pounds pork loin roast boneless
- 0.3 teaspoon garlic powder
- 1 tablespoon catsup
- 1 large onion sliced
- 1 dash pepper sauce hot to taste
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt

- 2 tablespoons soya sauce
- 1 cup water hot
- 0.3 cup sugar white

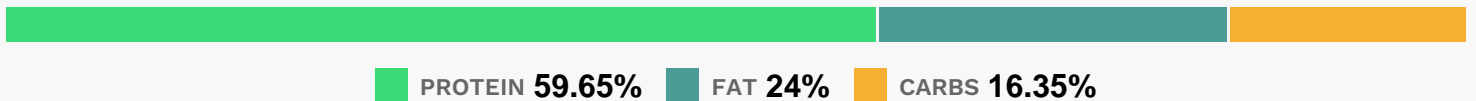
Equipment

- bowl
- slow cooker

Directions

- Arrange onion slices evenly over the bottom of the slow cooker, and then place the roast on top of the onion. In a bowl, mix together water, sugar, vinegar, soy sauce, ketchup, black pepper, salt, garlic powder, and hot sauce; pour over roast.
- Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:4.8, Inflammation Score:-3, Nutrition Score:14.769565152733%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 224.96kcal (11.25%), Fat: 5.8g (8.93%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.5g (3.09%), Sugar: 7.51g (8.35%), Cholesterol: 89.3mg (29.77%), Sodium: 486.33mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.47g (64.93%), Selenium: 39.47µg (56.39%), Vitamin B6: 1.11mg (55.33%), Vitamin B1: 0.64mg (42.67%), Vitamin B3: 8.37mg (41.86%), Phosphorus: 331.74mg (33.17%), Zinc: 2.62mg (17.44%), Vitamin B2: 0.28mg (16.57%), Potassium: 577.47mg (16.5%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.1mg (10.99%), Magnesium: 41.58mg (10.4%), Iron: 0.97mg (5.36%), Copper: 0.11mg (5.26%), Manganese: 0.08mg (3.92%), Vitamin D: 0.57µg (3.78%), Vitamin C: 1.5mg (1.82%), Fiber: 0.4g (1.6%), Calcium: 14.59mg (1.46%), Vitamin E: 0.22mg (1.45%), Folate: 4.61µg (1.15%)