



Tender Slow Cooked Pork Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 teaspoons ground mustard
- ☐ 4 pound pork shoulder roast
- ☐ 0.8 cup soya sauce
- ☐ 0.5 cup sugar white

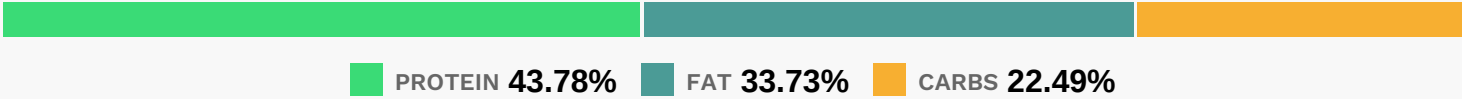
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐
- Place pork roast into a slow cooker.
- ☐
- Mix tomato sauce, soy sauce, sugar, and ground mustard in a bowl, stirring to dissolve sugar; pour mixture over pork roast. Cook on Low until meat is very tender, about 8 hours.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:9.37, Inflammation Score:-3, Nutrition Score:18.027391216029%

Nutrients (% of daily need)

Calories: 275.27kcal (13.76%), Fat: 10.21g (15.7%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.65g (5.33%), Sugar: 13.89g (15.43%), Cholesterol: 92.69mg (30.9%), Sodium: 1454.66mg (63.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.61%), Vitamin B1: 1.25mg (83.11%), Selenium: 42.27µg (60.39%), Vitamin B3: 7.08mg (35.39%), Vitamin B6: 0.65mg (32.37%), Phosphorus: 319.53mg (31.95%), Zinc: 4.53mg (30.21%), Vitamin B2: 0.49mg (28.8%), Vitamin B12: 1.16µg (19.37%), Potassium: 606.01mg (17.31%), Iron: 2.53mg (14.06%), Vitamin B5: 1.31mg (13.11%), Magnesium: 43.85mg (10.96%), Copper: 0.2mg (10.01%), Manganese: 0.17mg (8.41%), Vitamin C: 3.13mg (3.79%), Folate: 14.19µg (3.55%), Calcium: 29.14mg (2.91%), Vitamin E: 0.43mg (2.89%), Fiber: 0.66g (2.64%), Vitamin A: 131.21IU (2.62%)