

# Slow Cooker Cranberry Pork Roast

Serves 6

## Ingredients:

- 1 boneless rolled pork loin roast, 2.5 to 3 pounds
- 1 can (14 ounces) jellied cranberry sauce
- 1/2 cup cranberry juice
- 1 Tablespoon prepared mustard
- 1/4 teaspoon ground cloves\*
- Salt to taste

\*may substitute ground allspice, cinnamon or nutmeg in place of ground cloves



## Directions:

1. Place pork roast in a 5-qt. slow cooker
2. In a small bowl, mash cranberry sauce; stir in cranberry juice, mustard and cloves. Pour over roast.
3. Cover and cook on low for 6 – 8 hours or until meat is tender.
4. Refrigerate leftovers promptly.

Nutrition Facts			
Serving Size (215g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b>	<b>380</b>	<b>Calories from Fat</b>	<b>130</b>
		% Daily Value*	
<b>Total Fat</b>	<b>15g</b>		<b>23%</b>
Saturated Fat	5g		25%
Trans Fat	0g		
<b>Cholesterol</b>	<b>105mg</b>		<b>35%</b>
<b>Sodium</b>	<b>140mg</b>		<b>6%</b>
<b>Total Carbohydrate</b>	<b>27g</b>		<b>9%</b>
Dietary Fiber	1g		4%
Sugars	19g		
<b>Protein 32g</b>			
Vitamin A 0%		Vitamin C 8%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

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