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 clo Pour over roast.
- 3. Cover and cook on low for 6 8 hours or until meat is tender.
- 4. Refrigerate leftovers promptly.



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Nutrition Facts

Calories from Fat 130

% Daily Value*

Serving Size (215g) Servings Per Container 6

e;	Amount Per Serving		
oves.	Calories 380		
	Total Fat 15g		

Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	49

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Sugars 19	∂g		
Protein 32g			
Vitamin A 0%	6 •	Vitamin	C 8%
Calcium 4%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calori diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

2,400mg 2,400mg Less than Total Carbohydrate 300g 375g Dietary Fiber 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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	% Daily Value*
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Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 140mg	6%
Total Carbohydrate	27g 9 %
Dietary Fiber 1g	4%
Sugars 19g	

Protein 3	2g		
Vitamin A	0% •	Vitamin	C 8%
Calcium 4	% •	Iron 6%	,
diet. Your dail	y Values are ba ly values may b l your calorie ne	e higher o	
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g

Saturated Fat Less than 300mg Cholesterol Less than 2,400mg Less than Total Carbohydrate 375g Dietary Fiber

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4





Kansas State University Agricultural Experiment Station

and Cooperative Extension Service

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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