

Crockpot Pineapple-Glazed Pork Loin

Gwen
www.SlowCookerKitchen.com

Servings: 8

2 1/2 to 3 pounds, pork tenderloin
1/2 cup pineapple preserves
1 to 2 tablespoons horseradish
2 tablespoons steak seasoning
2 tablespoons balsamic vinegar
1 teaspoon rosemary

Preparation Time: 5 minutes

Slow Cooker: 9 hours

Every inch, cut slits in the pork loin about 2/3 to 3/4 of the way through the meat.

Place the pork loin in the bottom of the buttered crockpot.

In a bowl, mix the remaining ingredients. Spoon into the slits and over the tenderloin.

Cover and cook on LOW for seven to nine hours.

Per Serving (excluding unknown items): 2 Calories; trace Fat (8.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	2	Vitamin B6 (mg):	trace
% Calories from Fat:	8.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
	1g		

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	trace	Lean Meat:	0
Protein (g):	trace	Vegetable:	0
Sodium (mg):	2mg	Fruit:	0
Potassium (mg):	12mg	Non-Fat Milk:	0
Calcium (mg):	3mg	Fat:	0
Iron (mg):	trace	Other Carbohydrates:	0
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	4IU		
Vitamin A (r.e.):	1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 2 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.