# Pineapple-Glazed Pork Loin Crockpot Recipe

*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 |
| | | **Alcohol (kcal):** | 0 |

| | |
|---|---|
| **Polyunsaturated Fat (g):** | trace |
| **Cholesterol (mg):** | 0mg |
| **Carbohydrate (g):** | 1g |
| **Dietary Fiber (g):** | trace |
| **Protein (g):** | trace |
| **Sodium (mg):** | 2mg |
| **Potassium (mg):** | 12mg |
| **Calcium (mg):** | 3mg |
| **Iron (mg):** | trace |
| **Zinc (mg):** | trace |
| **Vitamin C (mg):** | 1mg |
| **Vitamin A (i.u.):** | 4IU |
| **Vitamin A (r.e.):** | 1/2RE |

| | |
|---|---|
| **% Refuse:** | 0.0% |

## Food Exchanges

| | |
|---|---|
| **Grain (Starch):** | 0 |
| **Lean Meat:** | 0 |
| **Vegetable:** | 0 |
| **Fruit:** | 0 |
| **Non-Fat Milk:** | 0 |
| **Fat:** | 0 |
| **Other Carbohydrates:** | 0 |

## 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.*