

Slow Cooker Braised Pork Roast with Ginger and Dried Fruits

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Servings: 6

1 five pound pork roast
 2 teaspoons fresh thyme leaves, chopped
 1 tablespoon vegetable oil
 salt (to taste)
 freshly ground black pepper (to taste)
 2 cups assorted dried fruit
 1 one-half inch piece fresh ginger, finely chopped
 1/2 cup white wine
 1 tablespoon soy sauce
 1 teaspoon cornstarch

Slow Cooker: 2 hours

Season the roast on all sides with thyme, salt and pepper.

In a skillet over medium-high heat, heat the oil. Sear the roast for about 3 to 5 minutes on each side until nicely browned.

In a small bowl, mix the wine, soy sauce and cornstarch together until smooth. Add the dried fruit and ginger.

Place the meat on the bottom of the slow cooker. Pour the soy mixture over the roast.

Cook on LOW for two hours.

Per Serving (excluding unknown items): 77 Calories; 5g Fat (65.7% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 184mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	77
% Calories from Fat:	65.7%
% Calories from Carbohydrates:	9.3%
% Calories from Protein:	25.0%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	184mg
Potassium (mg):	101mg
Calcium (mg):	9mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 14IU
Vitamin A (r.e.): 1 1/2RE

Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 77 **Calories from Fat:** 51

% Daily Values*

Total Fat 5g	7%
Saturated Fat 1g	5%
Cholesterol 13mg	4%
Sodium 184mg	8%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 4g	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	2%

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