Slow Cooker Pork

Did you know that crock pots are extremely energy efficient? They cost less to run then heating up food in a conventional oven, saving you money on your energy bills. The simplicity of this type of preparation can also allow mealtimes to be flexible to suit your schedule.

Prep: 15 minutes • Total: 4-6 hours

Ingredients:

Olive oil	1 Tbsp	15 mL
Yellow onion, chopped	½ each	½ each
Garlic	3 cloves	2 cloves
Apples, peeled and sliced	2 each	2 each
Apple cider vinegar	2 Tbsp	30 mL
Chicken broth	1 cup	250 mL
Worcestershire sauce	1 Tbsp	15 mL
Pork tenderloin	1 lb	450 g
Maple syrup	1 Tbsp	15 mL
Nutmeg	¼ tsp	1 mL

Directions:

1. Heat 1 Tbsp of oil in a large skillet.
2. Pan sear all sides of the pork until outside is browned.
3. Add the pork to the crockpot.
4. Chop the apples and garlic and add them to the crockpot.
5. Add the remainder of the ingredients to the crockpot, and set the crockpot to low for 6-8 hours, or high for 2-4 hours*.

*Oven option – bake at 425 degrees for 45 minutes in a roasting pan with a tight fitting lid

Nutrition Facts

Serving Size (357g)
Servings Per Container

Amount Per Serving

Calories 500	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 95mg	**4%**
Total Carbohydrate 67g	**22%**
Dietary Fiber 2g	**8%**
Sugars 56g	
Protein 34g	

Vitamin A 0% • Vitamin C 10%

Calcium 10% • Iron 15%

*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

Adapted from:
NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 4 servings (357 g / serving) • 1 serving = 4 oz pork

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