



BALSAMIC PORK ROAST

 6 portions

INGREDIENTS

- 32 oz boneless pork shoulder (sirloin roast)
- 1/2 tsp of garlic powder
- 1/3 cups of low sodium chicken broth
- 1/3 cups of vinegar, balsamic (84 g)
- 1 tbsp of sauce, worcestershire (17 g)
- 1 tbsp of honey (21 g)
- 1 tsp of salt, table (6 g)
- .50 tsp of red Pepper Flakes

COOKING METHOD

1° Description: Equipment: Slow Cooker Instructions: 1. Season the pork with salt, garlic powder and red pepper flakes and place it in a slow cooker. Mix together the broth, vinegar, and honey and pour it over the pork. Set the timer for ~4 hours on high or 6-8 hours on low. 2. Once the pork is cooked thoroughly, it should shred easily with a fork. Remove from slow cooker with tongs and place in a serving dish. Break apart lightly with two forks and put back into the slow cooker and ladle ½ cup sauce over the pork and keep warm until ready to eat

2° serving size is ~5 ounces

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (186 g)	% DRI
ENERGY	113 kcal	210 kcal	10 %
FAT	3 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	50 mg	93 mg	31 %
SODIUM	305 mg	567 mg	24 %
CARBOHYDRATE	3 g	6 g	2 %
SUGARS	3 g	5 g	—
FIBER	0 g	0 g	0 %
PROTEIN	17 g	31 g	—