

Bacon Maple Garlic Crockpot Pork Loin

Gwen
www.SlowCookerKitchen.com

Servings: 6

1 2-1/2 to 3 pound pork loin
20 cloves garlic, partially crushed
6 to 8 slices bacon, chopped
1/4 cup maple syrup
2 tablespoons dried herbs of choice (or
1/4 cup fresh)

Preparation Time: 5 minutes

Slow Cooker: 7 hours

Spray the crockpot insert with cooking spray.

Every one-inch of the pork loin, cut slits in the pork about 1/2 to 3/4 of the way through the meat, taking care not to cut all of the way through.

In a bowl, mix the bacon, garlic and herbs. Stuff each slit full of the mixture.

Place the pork loin into the crockpot. Drizzle with maple syrup.

Cover and cook on LOW for five to six hours.

Per Serving (excluding unknown items): 107 Calories; 4g Fat (33.7% calories from fat); 6g Protein; 12g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 110mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	107	Vitamin B6 (mg):	.2mg
% Calories from Fat:	33.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	1mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

0% Refused:	0.00%
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Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Servings per Recipe: 6

Calories	107	Calories from Fat: 36
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* Percent Daily Values are based on a 2000 calorie diet.