## **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

## Dar Camina Mutritional 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 2g Caffeine (n	Niacin (mg):	1mg
Monounsaturated Fat (g):		Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3			

Cholesterol (mg):	13mg	% Pofuso	በ በ%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g): trace Protein (g): 6g	Grain (Starch):	0	
Sodium (mg): Potassium (mg):	110mg 158mg	Lean Meat: Vegetable:	1/2 1/2
Calcium (mg):	35mg	Fruit: Non-Fat Milk:	0 0
Iron (mg): Zinc (mg):	1mg 1mg	Fat: Other Carbohydrates:	1/2 1/2
Vitamin C (mg): Vitamin A (n.a.):	5mg 1IU	Saisi Saissilyalates.	
Vitamin A (r.e.):	1/2RE		

## Nutrition Facts Servings per Recipe: 6

Amount Per Serving				
Calories 107	Calories from Fat: 36			
	% Daily Values*			
Total Fat 4g	6%			
Saturated Fat 1g	7%			
Cholesterol 13mg	4%			
Sodium 110mg	5%			
Total Carbohydrates 12g	4%			
Dietary Fiber trace	1%			
Protein 6g				
Vitamin A	0%			
Vitamin C	9%			
Calcium	4%			
Iron	3%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.