

# Crock-Pot Pork Roast

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-roast-crock-pot-recipe>

## Ingredients:

- pork roast 3-4 pounds or one that fits comfortably in the crock-pot
- 3 potatoes or so, peeled and cubed
- 1 carrot sliced
- 1/2 onion sliced
- 2 tablespoons garlic powder or more of, to taste, minced garlic would work, too
- 1 dash cayenne pepper
- salt
- pepper

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 34 grams
3. Fiber: 5 grams
4. Protein: 5 grams
5. Sodium: 220 milligrams
6. Sugar: 3 grams

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