

# Slow Cooker Crock Pot German Pork Roast & Sauerkraut

Yield: 5 min  
Total Time: 500 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-pork-roast-recipe-slow-cooker-southern>

## Ingredients:

- 4 pounds boneless pork roast
- salt
- pepper
- 1 tablespoon shortening
- 32 ounces sauerkraut
- 2 apples cored, peeled and quartered
- 1 cup apple juice or water
- 14 ounces pierogies frozen

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 8 grams
6. Protein: 6 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 990 milligrams
9. Sugar: 17 grams

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