

Cranberry-Ginger Pork Roast

SOURCE: Atkins Kitchen

Only 5 ingredients produce a flavorful, complex dish: tart, sweet, smoky and spicy. Chipotles in adobo are smoked jalapeno peppers in a tomato-based sauce. They can be found in the ethnic food section of most supermarkets.

Prep time: 5 minutes **Bake/Cook time:** 8 hours

INGREDIENTS:

4 lb bone-in pork loin roast
1 C fresh or frozen cranberries, coarsely chopped
1/4 C Atkins Sugar Free Pancake Syrup
1 canned chipotle en adobo, chopped
2 tsp grated fresh ginger
1/2 tsp salt
1/4 tsp freshly ground pepper

DIRECTIONS:

1. In small bowl mix cranberries, syrup, chipotle, ginger, salt + pepper. Place roast in slow cooker - rub with mixture. Cover/cook on low 8-10 hours.

Servings: 6

Carbohydrates: 2 grams

Net Carbs: 1.5 grams

Fiber: 1 gram

Protein: 60 grams

Fat: 38 grams

Calories: 607