



Anise Pork with Figs and Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon fennel seeds crushed
- 4 calimyrna figs dried quartered
- 1 large garlic clove minced
- 1 tablespoon olive oil
- 0.5 cup orange juice fresh
- 24 ounce pork loin steaks boneless
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper freshly ground

- 2 large shallots thinly sliced
- 1 cup thick tart apple
- 2 tablespoons butter unsalted

Equipment

- frying pan

Directions

- Sprinkle the aniseed on both sides of the pork chops and season with salt and pepper. In a large nonreactive skillet, heat the olive oil until almost smoking.
- Add the pork steaks and cook over moderately high heat, turning once, until well browned, about 3 minutes per side. Reduce the heat to moderate and cook the pork until firm and barely pink inside, about 4 minutes longer.
- Transfer the meat to a plate.
- Melt 1 tablespoon of the butter in the skillet.
- Add the shallots and cook over moderate heat until softened, about 4 minutes.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the apple slices and cook, turning, until lightly browned, about 2 minutes.
- Add 2 tablespoons of the orange juice and cook until the apple slices are just tender, about 1 minute.
- Add the figs and the remaining 6 tablespoons orange juice, increase the heat to moderately high and simmer to blend flavors, 1 to 2 minutes.
- Season the sauce with the vinegar, salt and pepper. Swirl in the remaining 1 tablespoon butter. Return the pork and any juices; reheat briefly.
- Serve at once.
- Serve With: Rice, wild rice, or barley.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:8.34, Inflammation Score:-5, Nutrition Score:21.461738938871%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 384.98kcal (19.25%), Fat: 16.42g (25.26%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 16.87g (6.13%), Sugar: 15g (16.67%), Cholesterol: 122.21mg (40.74%), Sodium: 281.36mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.24g (78.48%), Vitamin B6: 1.42mg (71.02%), Selenium: 47.57µg (67.96%), Vitamin B1: 0.83mg (55.17%), Vitamin B3: 10.18mg (50.9%), Phosphorus: 410.88mg (41.09%), Potassium: 901.93mg (25.77%), Vitamin C: 19.27mg (23.36%), Zinc: 3.25mg (21.63%), Vitamin B2: 0.37mg (21.62%), Magnesium: 62.25mg (15.56%), Vitamin B5: 1.54mg (15.44%), Vitamin B12: 0.88µg (14.66%), Fiber: 2.83g (11.31%), Copper: 0.17mg (8.73%), Manganese: 0.17mg (8.36%), Iron: 1.47mg (8.19%), Vitamin E: 1.02mg (6.78%), Vitamin A: 325.88IU (6.52%), Vitamin K: 5.78µg (5.5%), Vitamin D: 0.79µg (5.24%), Folate: 17.72µg (4.43%), Calcium: 43.82mg (4.38%)