



## Assorted Appetizer Wreath

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 spears asparagus fresh
- 2 heads belgian endive
- 0.5 cup firmly brown sugar packed
- 24 cherry tomatoes
- 5 ounces cream cheese softened
- 3 tablespoons sesame oil dark
- 2 tablespoons feta cheese crumbled finely
- 0.3 cup ginger fresh minced

- 0.3 pound prosciutto ham very thin
- 1 teaspoon juice of lemon
- 1 head lettuce green
- 1 tablespoon champagne mustard divided
- 1.5 pound pork tenderloins
- 1 large head radicchio thinly
- 0.5 cup rice vinegar
- 0.3 cup roasted peppers in a jar red drained finely chopped
- 2 ounces salmon smoked
- 0.5 cup soya sauce
- 2 tablespoons tomato chutney

## Equipment

- food processor
- bowl
- paper towels
- sauce pan
- knife
- whisk
- grill
- kitchen thermometer
- ziploc bags
- steamer basket

## Directions

- Combine first 5 ingredients, stirring with a whisk until blended.
- Place pork in a large heavy-duty, zip-top plastic bag.
- Add brown sugar mixture; seal bag, and gently shake until pork is coated. Marinate in refrigerator 2 to 8 hours, turning bag often.

- Remove pork from marinade, reserving marinade.
- Place marinade in a small saucepan, and bring to a boil.
- Remove from heat.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place pork on rack; grill, covered, 20 minutes or until a meat thermometer inserted into thickest part of pork registers 160, turning and basting twice with marinade.
- Let stand 10 minutes. Slice pork diagonally across the grain into thin slices; cover and chill.
- Snap off tough ends of asparagus. Arrange asparagus in a steamer basket over boiling water; cover and steam 6 minutes or until crisp-tender. Plunge asparagus into ice water.
- Drain.
- Spread 1/4 teaspoon mustard on 1 side of each slice prosciutto. Wrap prosciutto, mustard side in, around asparagus. Cover and chill.
- Cut top off each tomato; scoop out pulp, leaving shells intact. Discard pulp. Invert tomato shells onto paper towels to drain.
- Position knife blade in food processor bowl; add salmon. Process 30 seconds.
- Add cream cheese and lemon juice. Process 1 minute or just until smooth. Spoon or pipe cream cheese mixture into tomato shells. Cover and chill.
- Slice stem ends from endive, and separate leaves. Trim larger endive leaves to 3"; set aside.
- Combine chutney, red pepper, and feta cheese in a small bowl; stir well. Spoon mixture onto each endive leaf.
- Line a large serving tray with leaf lettuce and radicchio, leaving a hole in center.
- Place asparagus spears, evenly spaced in spoke fashion, around lettuce wreath.
- Place 1 endive leaf between each asparagus spear. Fan pork slices above endive leaves.
- Place stuffed tomatoes above pork and in center of wreath.
- Note: For champagne mustard, we used Old Spice. For tomato chutney, we used Alecia's. You can find these in jars, along with roasted red peppers in speciality grocery stores on aisles with pickles and other condiments.
- Note: If asparagus is not available, wrap green pepper strips or mozzarella cheese strips in prosciutto.

## Nutrition Facts



■ PROTEIN 30.06% ■ FAT 44.74% ■ CARBS 25.2%

## Properties

Glycemic Index:19.67, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:21.757826141689%

## Flavonoids

Cyanidin: 37.04mg, Cyanidin: 37.04mg, Cyanidin: 37.04mg, Cyanidin: 37.04mg Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 11.16mg, Luteolin: 11.16mg, Luteolin: 11.16mg, Luteolin: 11.16mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg

## Nutrients (% of daily need)

Calories: 244.5kcal (12.22%), Fat: 12.23g (18.82%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.75g (5%), Sugar: 11.19g (12.43%), Cholesterol: 58.25mg (19.42%), Sodium: 877.28mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.98%), Vitamin K: 120.78µg (115.03%), Vitamin A: 2736.66IU (54.73%), Vitamin B1: 0.7mg (46.57%), Selenium: 23.99µg (34.27%), Vitamin B6: 0.63mg (31.32%), Vitamin B3: 5.42mg (27.1%), Phosphorus: 245.23mg (24.52%), Vitamin B2: 0.35mg (20.61%), Vitamin C: 16.4mg (19.88%), Potassium: 601.85mg (17.2%), Manganese: 0.28mg (13.8%), Copper: 0.27mg (13.53%), Folate: 50.47µg (12.62%), Zinc: 1.89mg (12.6%), Iron: 2.09mg (11.62%), Magnesium: 40.41mg (10.1%), Vitamin E: 1.5mg (9.99%), Vitamin B12: 0.58µg (9.72%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 1.06µg (7.04%), Fiber: 1.75g (7%), Calcium: 68.76mg (6.88%)