



Citrus Grilled Pork Filet with Mint Fig Sauce

 Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon smoked
- 1 tablespoon balsamic vinegar
- 6 figs fresh
- 1 cup mint leaves fresh
- 3 cloves garlic minced
- 1 tablespoon honey
- 3 tablespoons olive oil
- 0.5 cup orange juice

- 36 ounce pork loin boneless
- 1 pinch salt and pepper to taste

Equipment

- bowl
- whisk
- blender
- toothpicks
- grill
- kitchen thermometer
- ziploc bags

Directions

- Whisk together 1 cup orange juice, 2 tablespoons olive oil, and the minced garlic in a bowl; pour into a resealable plastic bag.
- Add the pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 8 hours.
- Place the figs and mint leaves into a blender, and blend until pureed.
- Add the balsamic vinegar, 3 tablespoons olive oil, honey, and 1/2 cup orange juice to the blender, and puree until smooth and thick. Season to taste with sea salt and pepper, then set aside.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Remove the pork from the marinade. Discard the remaining marinade. Wrap each pork chop with a slice of bacon, securing with toothpicks as necessary; season with salt and pepper.
- Grill the pork chops until the pork is no longer pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- Pour the mint-fig sauce over the pork chops to serve.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:7.94, Inflammation Score:-6, Nutrition Score:22.466956781304%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 2.35mg, Eriodictyol: 2.35mg, Eriodictyol: 2.35mg, Eriodictyol: 2.35mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 444.92kcal (22.25%), Fat: 22.91g (35.24%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.85g (5.4%), Sugar: 13.17g (14.64%), Cholesterol: 121.68mg (40.56%), Sodium: 239.63mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Selenium: 51.9µg (74.14%), Vitamin B6: 1.44mg (71.83%), Vitamin B1: 0.87mg (58.13%), Vitamin B3: 11.08mg (55.41%), Phosphorus: 433.33mg (43.33%), Potassium: 890.62mg (25.45%), Zinc: 3.52mg (23.45%), Vitamin B2: 0.39mg (22.94%), Vitamin C: 14.2mg (17.22%), Vitamin B12: 0.98µg (16.29%), Vitamin B5: 1.62mg (16.15%), Magnesium: 64.4mg (16.1%), Manganese: 0.2mg (10.04%), Iron: 1.71mg (9.53%), Vitamin E: 1.39mg (9.25%), Copper: 0.18mg (9.16%), Vitamin A: 439.21IU (8.78%), Fiber: 2.13g (8.52%), Vitamin K: 6.61µg (6.3%), Calcium: 51.32mg (5.13%), Vitamin D: 0.77µg (5.12%), Folate: 17.86µg (4.47%)