



Fig and Pork Brochettes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 24 small dark-skinned figs fresh black trimmed (such as Mission, Celeste, or Brown Turkey)
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons hoisin sauce
- ☐ 1.5 pounds pork tenderloin trimmed cut into 24 (1-inch) cubes
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

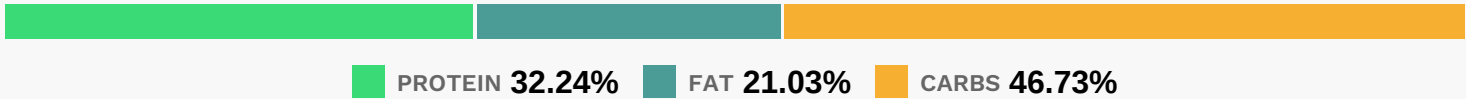
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients, stirring with a whisk. Reserve 1/4 cup soy sauce mixture; cover and chill.
- ☐ Combine pork and remaining soy sauce mixture in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours or up to overnight, turning the bag occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Pour the marinade into a small saucepan, and bring to a boil. Cook 2 minutes. Thread 4 pork pieces onto each of 6 (12-inch) skewers. Thread 4 figs lengthwise onto each of another 6 (12-inch) skewers.
- ☐ Place pork brochettes on grill rack coated with cooking spray; grill for 10 minutes or until tender, turning and basting frequently with cooked marinade.
- ☐ Add fig brochettes to grill during the last 5 minutes of cooking time, turning once.
- ☐ Place 1/4 cup reserved soy sauce mixture in a small microwave-safe bowl; microwave at high 2 minutes or until thoroughly heated.
- ☐ Serve with brochettes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:16.39, Inflammation Score:-5, Nutrition Score:20.96130409448%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 327.93kcal (16.4%), Fat: 7.86g (12.09%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 34.34g (12.49%), Sugar: 32.34g (35.93%), Cholesterol: 73.87mg (24.62%), Sodium: 915.6mg (39.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Vitamin B1: 1.24mg (82.45%), Vitamin B6: 1.1mg (55.14%), Selenium: 35.51µg (50.72%), Vitamin B3: 8.54mg (42.69%), Phosphorus: 341.36mg (34.14%), Vitamin B2: 0.53mg (31.22%), Potassium: 920.94mg (26.31%), Fiber: 4.96g (19.85%), Magnesium: 75.26mg (18.82%), Zinc: 2.58mg (17.19%), Manganese: 0.34mg (16.88%), Vitamin B5: 1.52mg (15.19%), Copper: 0.24mg (11.86%), Iron: 2.12mg (11.77%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.26mg (8.42%), Calcium: 74.7mg (7.47%), Vitamin K: 7.58µg (7.22%), Folate: 20.34µg (5.09%), Vitamin A: 227.52IU (4.55%), Vitamin C: 3.28mg (3.98%), Vitamin D: 0.23µg (1.51%)