



Fig-Stuffed Pork Loin

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.8 teaspoon pepper black
- 2 pounds pork loin boneless
- 0.8 cup chicken broth
- 10 ounces figs dried chopped
- 2.3 teaspoons kosher salt
- 1 small onion chopped
- 0.5 cup port

- 1 shallots finely chopped
- 1 tablespoon vegetable oil

Equipment

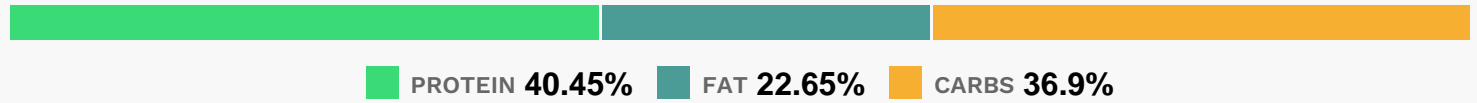
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Preheat oven to 375F. In a medium skillet, cook onion in 2 tsp. oil over medium heat for 3 minutes. Stir in 1 1/2 cups figs and vinegar and cook for 2 minutes.
- Let cool.
- Slice pork loin lengthwise three quarters of the way into meat. Open sections like a book and fill with cooked figs. Fold up pork and secure with kitchen string. Season with 2 tsp. salt and 1/2 tsp. pepper.
- Place a roasting pan over medium-high heat.
- Add remaining 1 Tbsp. oil.
- Place pork loin in pan and sear on all sides until nicely browned, about 6 minutes.
- Place pan in oven and cook pork to 150F on a meat thermometer, 20 to 25 minutes.
- Transfer roast to a platter; cover with foil.
- Drain off all but 1 1/2 tsp. oil from roasting pan.
- Add shallot and cook over medium heat for 3 minutes, scraping brown bits from bottom of pan.
- Add port and remaining figs and cook over medium-high heat for 5 minutes.
- Add chicken broth and cook for 3 minutes.
- Remove sauce from heat and season with remaining 1/4 tsp. each salt and pepper. Stir in any juices that have accumulated on the platter with pork.

Cut pork into slices 3/4 to 1 inch thick. Top with fig sauce and serve with mashed potatoes and a vegetable of your choice.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:12.89, Inflammation Score:-5, Nutrition Score:29.880435267868%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 524.51kcal (26.23%), Fat: 13.39g (20.6%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 41.55g (15.11%), Sugar: 35.97g (39.97%), Cholesterol: 143.76mg (47.92%), Sodium: 1593.7mg (69.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.81g (107.62%), Vitamin B6: 1.83mg (91.55%), Selenium: 63.61µg (90.87%), Vitamin B1: 1.09mg (72.43%), Vitamin B3: 13.6mg (68.01%), Phosphorus: 569.72mg (56.97%), Potassium: 1394.25mg (39.84%), Zinc: 4.65mg (31%), Vitamin B2: 0.51mg (30.29%), Fiber: 7.54g (30.15%), Magnesium: 112.12mg (28.03%), Manganese: 0.49mg (24.74%), Vitamin B5: 2.05mg (20.46%), Vitamin B12: 1.17µg (19.42%), Copper: 0.37mg (18.28%), Vitamin K: 18.04µg (17.18%), Iron: 2.88mg (16.02%), Calcium: 138.69mg (13.87%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.86mg (5.7%), Vitamin C: 2.65mg (3.21%), Folate: 11.89µg (2.97%)