




 **55%**  
HEALTH SCORE

# Grilled Jerk Pork with Curried Peach Relish


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

READY IN




**650 min.**

SERVINGS



**6**

CALORIES



**879 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 1.5 teaspoons curry powder
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon thyme sprigs fresh chopped
- 0.5 teaspoon ground allspice
- 1 teaspoon hot sauce to taste
- 1 teaspoon kosher salt
- 2 teaspoons kosher salt

- 1 tablespoon juice of lime fresh
- 2 tablespoons juice of lime fresh
- 1 tablespoon blackstrap molasses (not robust or blackstrap)
- 1.5 lb peaches
- 2 pork tenderloin
- 0.5 cup onion red chopped (1 medium)
- 3 spring onion white green trimmed ( and pale parts only)
- 2 tablespoons sugar
- 0.5 lb tomatoes
- 1 tablespoon vegetable oil
- 2 tablespoons vegetable oil for basting

## Equipment

- bowl
- sauce pan
- knife
- blender
- grill
- kitchen thermometer
- slotted spoon
- grill pan
- cutting board

## Directions

- Cut a shallow X in bottom of each peach and tomato with a sharp paring knife and blanch in 2 batches in a 4-quart saucepan of boiling water 10 seconds.
- Transfer peaches and tomatoes with a slotted spoon to a bowl of ice and cold water and let stand until cool enough to handle. Peel peaches and tomatoes, then halve peaches lengthwise and pit.

- Cut peaches into 1-inch pieces. Coarsely chop tomatoes.
- Cook onion, ginger, and salt in oil in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until softened, 3 to 4 minutes.
- Add curry powder and cook, stirring constantly, 1 minute.
- Add peaches and tomatoes with any juices, sugar, and lime juice and simmer, uncovered, stirring occasionally, until mixture is thick and peaches are tender but still hold their shape, about 8 minutes.
- Transfer to a bowl and cool, uncovered, then chill, covered, at least 8 hours.
- Combine scallions, thyme, salt, allspice, pepper, lime juice, molasses, and hot sauce in a blender and blend until smooth. Put pork in a nonreactive dish and rub all over with marinade. Marinate, covered and chilled, turning occasionally, 8 hours. Bring to room temperature before grilling.
- Prepare grill for cooking over medium-hot charcoal (moderate heat for gas); see "Grilling Procedure," below.
- Discard any marinade remaining in dish, then brush pork lightly with oil and grill on a lightly oiled grill rack, turning occasionally and basting frequently with oil, until thermometer inserted diagonally into center of meat registers 145F, 15 to 25 minutes.
- Transfer pork to a cutting board and let stand 15 minutes. (Internal temperature will rise to about 155F.)
- Serve pork with relish.
- Grilling Procedure
- Hot: When you can hold your hand there for 1 to 2 seconds
- Medium-hot: 3 to 4 seconds
- Low: 5 to 6 seconds
- If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- \*Available at most supermarkets and [kitchenmarket.com](http://kitchenmarket.com).
- Cooks' notes: If you aren't able to grill outdoors, pork can be cooked in a hot lightly oiled well-seasoned large ridged grill pan until thermometer inserted diagonally into center of meat registers 145F, 15 to 25 minutes. Relish can be made 1 week ahead and chilled, covered. Bring to room temperature before serving.

## Nutrition Facts

PROTEIN 59.22% FAT 30.18% CARBS 10.6%

## Properties

Glycemic Index:60.56, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:48.89434783355%

## Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

## Nutrients (% of daily need)

Calories: 878.8kcal (43.94%), Fat: 28.69g (44.14%), Saturated Fat: 8.24g (51.52%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 19.7g (7.17%), Sugar: 17.86g (19.85%), Cholesterol: 393.03mg (131.01%), Sodium: 1515mg (65.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 126.69g (253.38%), Vitamin B1: 5.99mg (399.62%), Selenium: 186.43µg (266.33%), Vitamin B6: 4.74mg (237.12%), Vitamin B3: 41.25mg (206.25%), Phosphorus: 1515.3mg (151.53%), Vitamin B2: 2.1mg (123.44%), Zinc: 11.75mg (78.31%), Potassium: 2721.53mg (77.76%), Vitamin B5: 5.33mg (53.34%), Vitamin B12: 3.14µg (52.4%), Magnesium: 191.76mg (47.94%), Iron: 7.03mg (39.05%), Copper: 0.69mg (34.7%), Vitamin K: 32.06µg (30.54%), Vitamin E: 3.09mg (20.57%), Vitamin C: 16.74mg (20.29%), Manganese: 0.34mg (16.96%), Vitamin A: 823.27IU (16.47%), Vitamin D: 1.81µg (12.09%), Fiber: 2.98g (11.92%), Calcium: 69.45mg (6.95%), Folate: 21.13µg (5.28%)