



Grilled Pork Tenderloin and Belgian Endive and Tomato Chile Jam



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 belgian endive halved lengthwise
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons rosemary leaves fresh minced
- ☐ 1 large garlic clove
- ☐ 2.5 tablespoons olive oil
- ☐ 2 lb plum tomatoes halved lengthwise
- ☐ 1.5 lb pork tenderloin

- ☐ 1 teaspoon pepper dried red hot
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan
- ☐ cutting board
- ☐ box grater

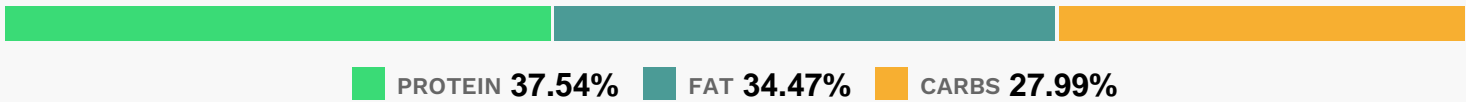
Directions

- ☐ Mince garlic and mash to a paste with 1 teaspoon salt using a large heavy knife, then stir together garlic paste, rosemary, pepper, and 1 tablespoon oil in a small bowl. Pat pork dry and rub all over with paste. Marinate, uncovered, at room temperature 20 minutes.
- ☐ While pork marinates, prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ While grill is heating, set a box grater into a shallow dish, then rub cut sides of tomatoes against large teardrop-shaped holes to remove as much tomato pulp as possible (discard skins). Boil tomato pulp, sugar, red pepper flakes, and remaining 1/2 teaspoon salt in a 4-quart heavy pot, uncovered, stirring occasionally, until reduced to about 1 1/2 cups, 15 to 20 minutes.
- ☐ Transfer tomato jam to a bowl set in a larger bowl of ice and cold water and cool to room temperature, stirring.
- ☐ Brush both sides of endive halves with remaining 1 1/2 tablespoons oil and season with salt. Grill pork and endives on lightly oiled grill rack, turning over occasionally, until thermometer inserted diagonally into center of pork registers 150°F and endives are tender, 8 to 10 minutes.

- ☐
- Transfer pork to a cutting board and let stand 5 minutes. (Internal temperature will rise to about 155°F while standing.)
- ☐
- Serve pork with endives and tomato chile jam.
- ☐
- If you aren't able to grill outdoors, you can use a hot lightly oiled well-seasoned large ridged grill pan. Grill the pork first, then the endives, both over moderately high heat.

• You can substitute 1 (28- to 32-ounce) can whole tomatoes in juice (not drained) for plum tomatoes. Break up canned tomatoes with a spoon while boiling.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:14.04, Inflammation Score:-9, Nutrition Score:31.626521877621%

Flavonoids

Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 398.37kcal (19.92%), Fat: 15.4g (23.69%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 23.54g (8.56%), Sugar: 22.64g (25.16%), Cholesterol: 110.56mg (36.85%), Sodium: 981.61mg (42.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Vitamin B1: 1.79mg (119.34%), Vitamin B6: 1.53mg (76.26%), Selenium: 51.96µg (74.23%), Vitamin B3: 12.74mg (63.7%), Phosphorus: 484.43mg (48.44%), Vitamin A: 2058.45IU (41.17%), Vitamin C: 32.8mg (39.76%), Potassium: 1333.17mg (38.09%), Vitamin B2: 0.64mg (37.62%), Zinc: 3.69mg (24.58%), Vitamin K: 23.93µg (22.79%), Vitamin E: 3.05mg (20.34%), Magnesium: 77.39mg (19.35%), Manganese: 0.38mg (18.79%), Fiber: 4.59g (18.37%), Vitamin B5: 1.71mg (17.13%), Copper: 0.32mg (16.16%), Vitamin B12: 0.88µg (14.74%), Iron: 2.57mg (14.27%), Folate: 53.87µg (13.47%), Calcium: 47.47mg (4.75%), Vitamin D: 0.51µg (3.4%)