



Grilled Pork Tenderloin with Fresh Fig Skewers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 small figs ripe
- ☐ 1.5 teaspoons rosemary fresh finely chopped
- ☐ 4 ounces goat cheese
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1 pounds center-cut pork filet
- ☐ 4 servings sea salt and pepper black freshly ground to taste fine

- ☐ 4 wooden skewers for at least 15 minutes
- ☐ 4 wooden skewers for at least 15 minutes

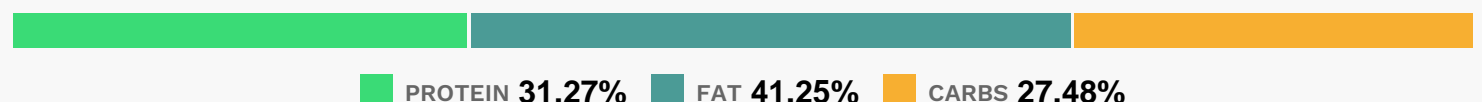
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare a hot fire in your grill.
- ☐ Brush the tenderloin with the olive oil and season with salt and pepper.
- ☐ Remove the skewers from the water. Pierce the figs through the middle with a metal skewer or ice pick to make a hole. Then thread 3 figs onto each rosemary or wooden skewer. Lightly brush the figs with olive oil.
- ☐ Place the pork tenderloin directly over the fire. Grill for 2 to 3 minutes per side (the center-cut pork loin filet for 5 to 7 minutes per side), turning a quarter turn at a time, until an instant-read meat thermometer inserted in the thickest part registers 140°F for medium and the meat is juicy and slightly pink in the center.
- ☐ At the same time, place the skewered figs over the fire, turning several times and cooking for about 5 to 6 minutes until they are heated through. When they're caramelized and soft, remove the skewers from the heat and keep warm.
- ☐ Let the pork rest for about 5 minutes, and then cut on the diagonal into 1- to 2-inch-thick slices.
- ☐ To serve, arrange 3 slices of pork with a skewer of figs on each plate, all topped with crumbled goat cheese, drizzled with 1/2 teaspoon honey, and a sprinkled with chopped rosemary.
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Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:13.45, Inflammation Score:-5, Nutrition Score:20.657825998638%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 372.54kcal (18.63%), Fat: 17.34g (26.68%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 22.48g (8.17%), Sugar: 22.69g (25.21%), Cholesterol: 86.75mg (28.92%), Sodium: 164.8mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Vitamin B1: 1.21mg (80.37%), Vitamin B6: 1.08mg (53.76%), Selenium: 35.43µg (50.61%), Vitamin B3: 8.1mg (40.52%), Phosphorus: 365.25mg (36.53%), Vitamin B2: 0.55mg (32.44%), Potassium: 734.89mg (21%), Copper: 0.4mg (19.76%), Zinc: 2.57mg (17.14%), Vitamin B5: 1.51mg (15.06%), Fiber: 3.52g (14.07%), Magnesium: 55.83mg (13.96%), Iron: 2.15mg (11.94%), Vitamin B12: 0.64µg (10.73%), Manganese: 0.21mg (10.69%), Vitamin K: 10.53µg (10.03%), Vitamin E: 1.44mg (9.61%), Vitamin A: 467.16IU (9.34%), Calcium: 89.34mg (8.93%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.43mg (2.94%), Folate: 10.73µg (2.68%)