



Pancetta- and Herb-Roasted Pork with Fig Jam



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups wine dry red (from two 750-ml bottles)
- ☐ 12 ounces figs dried black stemmed cut into 1/4-inch cubes
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 2 teaspoons pepper black
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 3 ounces pancetta thinly sliced
- ☐ 7 pound pork loin boneless (7 pounds total)
- ☐ 1 tablespoon sea salt fine-grained
- ☐ 2 cups sugar
- ☐ 3 cups water

Equipment

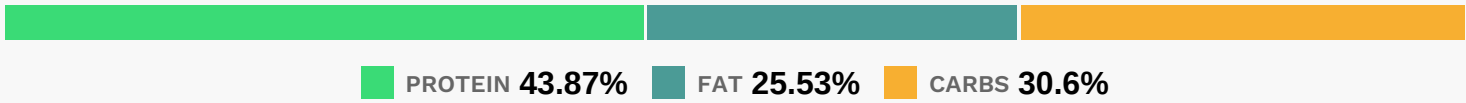
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Bring all ingredients to boil in heavy large saucepan over medium-high heat, stirring constantly until sugar dissolves. Boil mixture until thickened and reduced to 4 cups, stirring occasionally, about 45 minutes.
- ☐ Transfer jam to large bowl. Cool completely. (Can be made 1 week ahead. Cover and refrigerate. Bring to room temperature before serving.)
- ☐ Using on/off turns, puree olive oil, sage, thyme, rosemary, sea salt, and pepper in processor until almost smooth.
- ☐ Place pork in heavy large roasting pan. Rub herb mixture over both roasts. Cover with plastic wrap and refrigerate overnight.
- ☐ Preheat oven to 400°F.
- ☐ Sprinkle pork generously with salt and pepper.
- ☐ Place pancetta slices atop pork, overlapping if necessary. Roast until meat thermometer inserted into center of pork registers 145°F, about 1 1/2 hours.
- ☐ Transfer pork roasts to platter; remove string and let stand 15 to 30 minutes before carving (internal temperature will increase 5 degrees).

- ☐
- Serve pork with fig jam.
- ☐
- *Pancetta (Italian bacon cured in salt) is available at Italian markets and at some specialty foods stores

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:26.19, Inflammation Score:-9, Nutrition Score:32.057391337726%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 616.59kcal (30.83%), Fat: 15.67g (24.11%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 41.03g (14.92%), Sugar: 38.15g (42.38%), Cholesterol: 171.37mg (57.12%), Sodium: 761.96mg (33.13%), Alcohol: 8.4g (100%), Alcohol %: 2.14% (100%), Protein: 60.59g (121.19%), Copper: 3.23mg (161.67%), Selenium: 75µg (107.15%), Vitamin B6: 2.06mg (102.97%), Vitamin B1: 1.22mg (81.01%), Vitamin B3: 15.64mg (78.18%), Phosphorus: 612.68mg (61.27%), Zinc: 4.95mg (33.01%), Potassium: 1098.69mg (31.39%), Vitamin B2: 0.53mg (31.2%), Vitamin B12: 1.38µg (23.08%), Vitamin B5: 2.12mg (21.21%), Magnesium: 80.12mg (20.03%), Manganese: 0.22mg (11.25%), Iron: 1.97mg (10.96%), Vitamin C: 6.44mg (7.81%), Vitamin D: 1.09µg (7.24%), Fiber: 1.22g (4.88%), Vitamin E: 0.68mg (4.56%), Calcium: 40.42mg (4.04%), Vitamin K: 2.96µg (2.82%), Vitamin A: 110.49IU (2.21%), Folate: 4.68µg (1.17%)