



Pork Loin Skewers in Red Wine Sauce with Fig and Cranberry Chutney

 Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



1161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 2 bell peppers cut into bite-size pieces
- 6 servings pepper black freshly ground
- 2 pounds pork loin boneless trimmed cut into cubes
- 2 carrots chopped
- 1 stalk celery chopped
- 1 pinch cinnamon

- 1 teaspoon pepper red crushed
- 2 bay leaves dried
- 0.5 cup cranberries dried
- 1 cup cranberries dried
- 1 cup figs dried chopped
- 1 teaspoon ginger fresh grated
- 1 teaspoon parsley fresh chopped
- 1 sprig rosemary fresh
- 0.5 teaspoon thyme leaves fresh chopped
- 2 cloves garlic minced
- 3 cloves garlic
- 1 green onion thinly sliced
- 1 pinch ground cloves
- 2 tablespoons honey
- 1 tablespoon juice of lemon fresh
- 6 servings olive oil for drizzling
- 1 onion chopped
- 2 onions cut into bite-size pieces
- 1 tablespoon peppercorns
- 1 pound pork belly skinless hard trimmed cut into cubes
- 0.5 cup raisins
- 2 cups red wine
- 0.3 cup salt plus more for seasoning
- 6 servings salt and pepper black freshly ground
- 0.3 cup sugar
- 1 teaspoon sugar
- 2 tablespoons butter unsalted
- 0.5 cup white wine

Equipment

- sauce pan
- grill
- skewers
- grill pan
- wooden skewers

Directions

- Special equipment: 6 to 8 wood skewers that have been soaked in water for a few minutes
- For the pork: Bring a large saucepan of water to a simmer and cook the pork belly for 20 minutes.
- Remove from the water and let cool.
- Combine the salt, sugar, peppercorns, crushed red pepper, bay leaves, garlic and 4 cups water in a large saucepan. Bring the mixture to a simmer, then let cool.
- Place the pork loin in the brine mixture and let sit in the fridge until ready to cook, at least 1 hour and up to 1 day.
- Remove the pork from the brine, discard the brine and bring to room temperature before cooking.
- Heat a grill or grill pan over medium heat. Skewer the pork loin, pork belly, onions and peppers and sprinkle with salt and pepper. Grill the skewers until the pork is cooked through.
- For the red wine sauce: Melt the butter in a large saucepan over medium-high heat.
- Add the onion, carrots, celery and garlic and saute until softened. Season with salt and pepper.
- Add the wine, beef broth, cranberries, sugar and rosemary. Stir to dissolve the sugar. Simmer, stirring occasionally, until the sauce is reduced by half. Strain the sauce and keep it warm.
- Combine the cranberries, figs, wine, raisins, honey, ginger, cinnamon, cloves and 1/2 cup water in a large saucepan. Bring the mixture to a simmer and cook until the raisins, figs, and cranberries are plumped and the mixture is thickened.
- Remove from the heat and stir in the green onion, lemon juice, parsley, thyme, and a drizzle of olive oil.

Serve the pork topped with the red wine sauce and chutney.

Nutrition Facts

PROTEIN 16.18% **FAT 52.73%** **CARBS 31.09%**

Properties

Glycemic Index:127.85, Glycemic Load:21.89, Inflammation Score:-10, Nutrition Score:46.571304321289%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Malvidin: 11.08mg, Malvidin: 11.08mg, Malvidin: 11.08mg, Malvidin: 11.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 1161.41kcal (58.07%), Fat: 65.54g (100.83%), Saturated Fat: 21.21g (132.55%), Carbohydrates: 86.94g (28.98%), Net Carbohydrates: 74.67g (27.15%), Sugar: 54.95g (61.05%), Cholesterol: 159.72mg (53.24%), Sodium: 292.18mg (12.7%), Alcohol: 10.54g (100%), Alcohol %: 2.19% (100%), Protein: 45.26g (90.52%), Vitamin A: 5107.18IU (102.14%), Vitamin K: 91.32µg (86.97%), Vitamin B6: 1.73mg (86.34%), Vitamin B1: 1.1mg (73.5%), Vitamin C: 60.2mg (72.97%), Vitamin B3: 14.41mg (72.03%), Selenium: 50.29µg (71.84%), Manganese: 1.35mg (67.41%), Phosphorus: 537.24mg (53.72%), Fiber: 12.27g (49.1%), Potassium: 1554.34mg (44.41%), Vitamin E: 6.1mg (40.65%), Vitamin B2: 0.69mg (40.43%), Iron: 7.1mg (39.45%), Magnesium: 122.14mg (30.54%), Zinc: 4.46mg (29.74%), Calcium: 269.29mg (26.93%), Vitamin B12: 1.44µg (24.03%), Copper: 0.41mg (20.46%), Vitamin B5: 1.96mg (19.56%), Folate: 66.24µg (16.56%), Vitamin D: 0.67µg (4.5%)