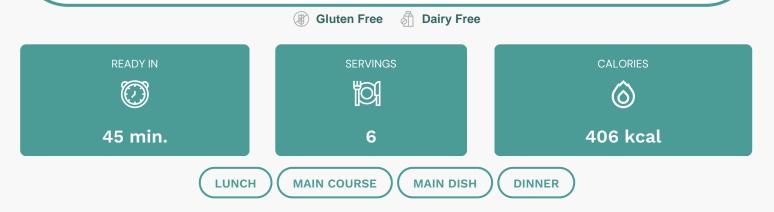


Pork Loin Spiedino with Pine Nut, Garlic, and Currant Soffritto



Ingredients

0.8 cup pinenuts

3 ounces arugula
2 pounds pork loin boneless cut into 1-inch cubes
0.5 cup currants dried
0.7 cup garlic clove minced
1 tablespoon kosher salt
0.5 cup olive oil extra virgin extra-virgin

Equipment		
	bowl	
	pot	
	grill	
	skewers	
	wooden skewers	
Directions		
	In a bowl, toss the pork with the salt. Cover and refrigerate for at least overnight or up to 3 days.	
	To make the soffritto, soak the currants in just enough warm water to cover for about 20 minutes.	
	Meanwhile, add the pine nuts and 1/2 cup of the olive oil to a small, heavy pot and place over low heat. Gradually bring to a low simmer, stirring frequently, and cook, stirring, for about 5 minutes, or until the pine nuts have started to brown. Stir in the garlic and continue to cook on low heat for about 8 minutes, or until the garlic is a light golden brown. Watch the soffritto carefully; the pine nuts and garlic will burn easily.	
	Drain the currants, add them to the pot, and then remove the pot from the heat.	
	Let the soffritto cool to room temperature. It will keep, tightly covered, in the refrigerator for 2 weeks.	
	About 30 minutes before cooking, remove the pork from the refrigerator. If using wooden skewers, soak them in water to cover to prevent them from scorching. Prepare a hot fire in a grill, stacking the coals to one side so you have two areas of heat, one with direct heat and one with indirect heat.	
	Drizzle the remaining 1 tablespoon olive oil over the pork and toss to coat evenly.	
	Drain the skewers, and thread about 5 pieces of pork onto each skewer.	
	Place the skewers over the coals and grill for about 1 minute on each side, or until well seared. Move the skewers to the cooler side of the grill and continue to cook over indirect heat for 8 to 10 minutes, until cooked medium-well but still juicy.	
	Arrange a bed of arugula on a platter.	
	Place the pork skewers on top.	

	Drizzle some of the soffritto over the top of the pork and the arugula. Pass the remaining	
	sauce at the table.	
	Serve immediately.	
	Taste	
	Book, using the USDA Nutrition Database	
Nutrition Facts		
	PROTEIN 36.73% FAT 46.83% CARBS 16.44%	

Properties

Glycemic Index:14.5, Glycemic Load:3.68, Inflammation Score:-6, Nutrition Score:26.699999767801%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 405.83kcal (20.29%), Fat: 21.48g (33.04%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.27g (5.55%), Sugar: 8.52g (9.47%), Cholesterol: 95.25mg (31.75%), Sodium: 1248.79mg (54.3%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 37.9g (75.81%), Manganese: 1.85mg (92.67%), Vitamin B6: 1.39mg (69.53%), Selenium: 44.28µg (63.25%), Vitamin B1: 0.79mg (52.46%), Vitamin B3: 9.77mg (48.85%), Phosphorus: 479.6mg (47.96%), Zinc: 4.1mg (27.33%), Vitamin K: 27.37µg (26.06%), Potassium: 872.64mg (24.93%), Magnesium: 96.46mg (24.11%), Vitamin B2: 0.37mg (21.58%), Copper: 0.4mg (20.15%), Vitamin E: 2.38mg (15.84%), Iron: 2.47mg (13.72%), Vitamin B5: 1.34mg (13.37%), Vitamin B12: 0.77µg (12.85%), Vitamin C: 7.54mg (9.14%), Calcium: 71.61mg (7.16%), Vitamin A: 351.38IU (7.03%), Fiber: 1.7g (6.79%), Folate: 21.14µg (5.29%), Vitamin D: 0.6µg (4.03%)