

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

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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
- ☐ 0.8 cup pinenuts

Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

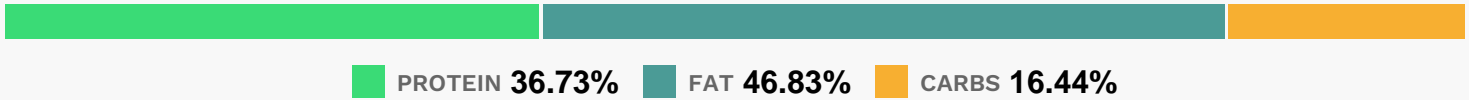
Directions

- ☐ 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.

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Nutrition Facts



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, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, 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, 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 %: 0% (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%)