



Pork Loin with Fig and Port Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground for seasoning
- ☐ 4 pound pork loin boneless
- ☐ 2 cinnamon sticks
- ☐ 8 mission figs dried black coarsely chopped
- ☐ 2 sprigs rosemary fresh
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1.3 cups chicken broth reduced-sodium

- ☐ 1 cup low-salt chicken broth canned
- ☐ 2 tablespoons olive oil
- ☐ 2.5 cups port
- ☐ 1 tablespoon salt for seasoning
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 tablespoons butter unsalted cut into pieces

Equipment

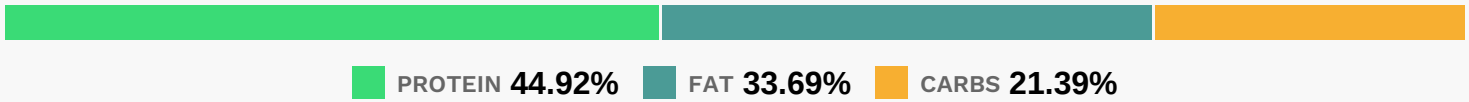
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ For the sauce: In a heavy medium saucepan, combine the first 6 ingredients. Boil over medium-high heat until reduced by half, about 30 minutes. Discard the herb sprigs and cinnamon sticks (some of the rosemary leaves will remain in the port mixture).
- ☐ Transfer the port mixture to a blender and puree until smooth. Blend in the butter. Season the sauce, to taste, with salt and pepper. (The sauce can be made 1 day ahead. Cover and refrigerate. Rewarm over medium heat before using.)
- ☐ For the pork: Preheat the oven to 425 degrees F.
- ☐ Stir the oil, rosemary, 1 tablespoon salt and 1 1/2 teaspoons pepper in a small bowl to blend.
- ☐ Place the pork loin in a heavy roasting pan.

- ☐ Spread the oil mixture over the pork to coat completely. Roast until an instant read meat thermometer inserted into the center of the pork registers 145 degrees F, turning the pork every 15 minutes to ensure even browning, about 45 minutes total.
- ☐ Transfer the pork to a cutting board and tent with foil to keep warm.
- ☐ Let the pork rest 15 minutes. Meanwhile, stir the chicken broth into the roasting pan.
- ☐ Place the pan over medium heat, and scrape the bottom of the pan to remove any browned bits. Bring the pan juices to a simmer. Season with salt and pepper, to taste.
- ☐ Using a large sharp knife, cut the pork crosswise into 1/4-inch-thick slices. Arrange the pork slices on plates. Spoon the jus over.
- ☐ Drizzle the warm fig sauce around and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:8.26, Inflammation Score:-8, Nutrition Score:35.322608730067%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 6.63mg, Petunidin: 6.63mg, Petunidin: 6.63mg, Petunidin: 6.63mg Delphinidin: 3.9mg, Delphinidin: 3.9mg, Delphinidin: 3.9mg, Delphinidin: 3.9mg Malvidin: 94.83mg, Malvidin: 94.83mg, Malvidin: 94.83mg, Malvidin: 94.83mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.93mg, Peonidin: 3.93mg, Peonidin: 3.93mg, Peonidin: 3.93mg Catechin: 10.92mg, Catechin: 10.92mg, Catechin: 10.92mg, Catechin: 10.92mg Epicatechin: 7.89mg, Epicatechin: 7.89mg, Epicatechin: 7.89mg, Epicatechin: 7.89mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 736.57kcal (36.83%), Fat: 23.53g (36.2%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 29.76g (10.82%), Sugar: 21.77g (24.19%), Cholesterol: 205.56mg (68.52%), Sodium: 186.43mg (8.11%), Alcohol: 15.3g (100%), Alcohol %: 3.36% (100%), Protein: 70.6g (141.2%), Selenium: 84.67µg (120.96%), Vitamin B6: 2.4mg (120%), Vitamin B3: 19.22mg (96.08%), Vitamin B1: 1.4mg (93.57%), Phosphorus: 732.9mg (73.29%), Potassium: 1506.01mg (43.03%), Vitamin B2: 0.66mg (38.98%), Zinc: 5.82mg (38.78%), Manganese: 0.64mg (31.93%), Vitamin B12: 1.64µg (27.38%), Magnesium: 109.07mg (27.27%), Vitamin B5: 2.54mg (25.36%), Vitamin K: 23.1µg (22%), Iron: 3.46mg (19.2%), Copper: 0.34mg (17.21%), Fiber: 3.86g (15.43%), Vitamin E: 1.78mg (11.89%), Calcium: 107.85mg (10.79%), Vitamin D: 1.31µg (8.76%), Vitamin A: 338.71IU (6.77%), Folate: 11.06µg (2.76%),

Vitamin C: 1.6mg (1.94%)