



## Pork Tenderloin with Figs and Blue Cheese Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 oz cheese blue crumbled
- 1 cup cooking wine dry red
- 12 firm-ripe figs rinsed ends trimmed halved lengthwise
- 1 tablespoon honey
- 0.5 teaspoon olive oil
- 1 teaspoon orange peel grated
- 4 servings bell pepper

- 1 cup coarse polenta
- 1 lb pork tenderloin
- 0.5 teaspoon salt
- 3 thyme sprigs rinsed

## Equipment

- frying pan
- oven
- kitchen thermometer

## Directions

- Rinse pork and pat dry; trim and discard fat and any silvery membrane from tenderloin.
- Sprinkle meat lightly with salt and pepper.
- Pour oil into a 10- to 12-inch nonstick, ovenproof frying pan over high heat, tilting pan to coat bottom; when oil is hot, add tenderloin and turn as needed to brown on all sides, about 4 minutes total.
- Remove from heat; arrange figs and thyme sprigs around pork.
- Transfer pan with pork to a 400 regular or convection oven; bake until a thermometer inserted in center of thickest part of meat reaches 155, 18 to 25 minutes.
- Meanwhile, in a 4- to 6-quart pan, combine polenta, 1/2 teaspoon salt, and 4 1/2 cups water. Stir over high heat until mixture boils; reduce heat to medium-low and simmer, stirring occasionally, until polenta is smooth to taste, 25 to 30 minutes.
- Remove from heat and stir in 1/3 cup blue cheese; add salt and pepper to taste. Cover and keep warm.
- Transfer tenderloin and figs to a rimmed platter and let stand in a warm place for 5 minutes.
- Add wine, honey, and orange peel to unwashed frying pan. Boil over high heat, stirring to release browned bits, until mixture is reduced to about 1/2 cup, 4 to 5 minutes.
- Remove and discard thyme sprigs.
- Slice pork diagonally across the grain 1/2 inch thick. Spoon polenta mixture equally onto four dinner plates. Arrange pork and figs over polenta; spoon sauce equally over pork and figs. Top with more blue cheese if desired.

# Nutrition Facts

PROTEIN 25.51% FAT 16.06% CARBS 58.43%

## Properties

Glycemic Index:54.32, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:31.020000084587%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 7.01mg, Catechin: 7.01mg, Catechin: 7.01mg, Catechin: 7.01mg Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

## Nutrients (% of daily need)

Calories: 522.87kcal (26.14%), Fat: 8.72g (13.41%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 71.38g (23.79%), Net Carbohydrates: 64.66g (23.51%), Sugar: 32.2g (35.77%), Cholesterol: 81.68mg (27.23%), Sodium: 477.09mg (20.74%), Alcohol: 6.3g (100%), Alcohol %: 1.75% (100%), Protein: 31.16g (62.32%), Vitamin C: 100.27mg (121.54%), Vitamin B1: 1.3mg (86.63%), Vitamin B6: 1.33mg (66.73%), Selenium: 43.08µg (61.54%), Vitamin A: 2751.78IU (55.04%), Vitamin B3: 9.43mg (47.17%), Phosphorus: 387.2mg (38.72%), Vitamin B2: 0.58mg (34.29%), Potassium: 1040.95mg (29.74%), Fiber: 6.72g (26.88%), Vitamin B5: 2.02mg (20.21%), Zinc: 3mg (20.03%), Magnesium: 79.66mg (19.91%), Manganese: 0.35mg (17.61%), Iron: 2.57mg (14.27%), Copper: 0.26mg (12.97%), Calcium: 125.79mg (12.58%), Folate: 49.68µg (12.42%), Vitamin B12: 0.72µg (11.99%), Vitamin E: 1.69mg (11.28%), Vitamin K: 11.38µg (10.83%), Vitamin D: 0.39µg (2.62%)