



## Pork with Figs and Farro

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup figs dried chopped
- ☐ 1 eggs lightly beaten
- ☐ 0.7 cup farro uncooked
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground allspice

- ☐ 0.1 teaspoon ground cloves
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.8 cup onion minced
- ☐ 1 teaspoon sherry vinegar
- ☐ 2 cups water

## Equipment

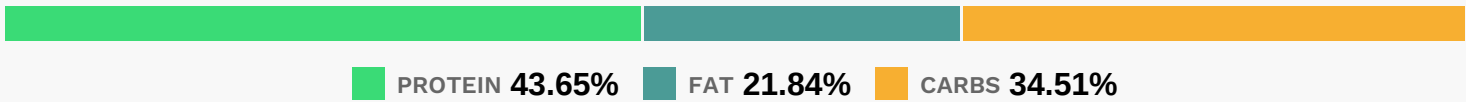
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer

## Directions

- ☐ Combine first 3 ingredients in a saucepan; bring to a boil. Cover and simmer 20 minutes or until tender.
- ☐ Drain; discard cinnamon stick.
- ☐ Heat 1 1/2 teaspoons olive oil in a medium skillet over medium heat.
- ☐ Add onion; saut 6 minutes or until tender.
- ☐ Add garlic; saut 1 minute, stirring constantly.
- ☐ Combine farro, onion mixture, figs, parsley, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the next 4 ingredients (through egg) in a medium bowl.
- ☐ Preheat oven to 42
- ☐ Slice pork lengthwise, cutting to, but not through, other side. Open halves.
- ☐ Place pork between sheets of plastic wrap; pound to 1/4 inch. Top pork with farro, and leave 1/2-inch border.

- ☐ Roll, starting with long side; secure pork with picks.
- ☐ Sprinkle the pork evenly with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon olive oil in a large ovenproof skillet.
- ☐ Add pork; cook for 6 minutes, browning all sides.
- ☐ Place pan in oven; bake pork at 425 for 15 minutes or until a thermometer registers 14
- ☐ Remove pork from pan; let stand 5 minutes. Slice.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:1.96, Inflammation Score:-4, Nutrition Score:20.883043651995%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 245.6kcal (12.28%), Fat: 5.94g (9.14%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 16.97g (6.17%), Sugar: 5.28g (5.87%), Cholesterol: 94.17mg (31.39%), Sodium: 438.66mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.39%), Vitamin B1: 1.18mg (78.89%), Selenium: 43.11µg (61.59%), Vitamin B6: 0.97mg (48.47%), Vitamin B3: 8.46mg (42.31%), Phosphorus: 340.76mg (34.08%), Vitamin K: 34.72µg (33.07%), Vitamin B2: 0.45mg (26.26%), Manganese: 0.44mg (21.81%), Zinc: 2.7mg (17.99%), Potassium: 609.2mg (17.41%), Fiber: 4.13g (16.54%), Magnesium: 54.64mg (13.66%), Vitamin B5: 1.16mg (11.64%), Iron: 2.05mg (11.38%), Copper: 0.23mg (11.33%), Vitamin B12: 0.63µg (10.45%), Vitamin E: 0.75mg (5.03%), Vitamin C: 3.86mg (4.68%), Calcium: 43.07mg (4.31%), Vitamin A: 195.12IU (3.9%), Folate: 13.04µg (3.26%), Vitamin D: 0.34µg (2.25%)