



Soppressata-Wrapped Pork

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

584 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2.3 pounds pork tenderloin cut into eighteen 3-inch lengths
- ☐ 2 large onions red cut into 2-inch wedges
- ☐ 6 large rosemary branches
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.5 pound soppressata very thinly sliced
- ☐ 6 servings vegetable oil for the grill

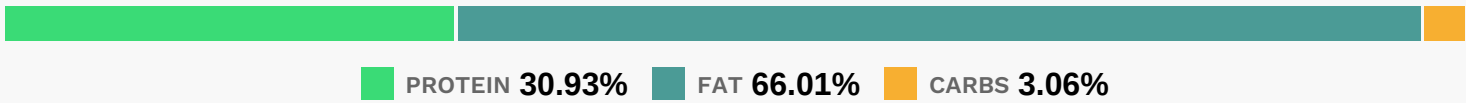
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large bowl, mix the wine with the olive oil.
- ☐ Add the pork and turn to coat. Cover and refrigerate overnight.
- ☐ Drain the pork and discard the marinade. Lightly season the pork with salt and season generously with pepper. Overlap 2 slices of soppressata on a work surface; put a length of pork in the center and roll it up in the soppressata. Repeat with the remaining soppressata and pork.
- ☐ Strip 2 inches of leaves from the thick end of the rosemary branches. Using a sharp paring knife, whittle the ends to points. Thread 2 onion wedges onto each branch followed by 1 pork bundle; repeat twice.
- ☐ Light a grill. Lightly brush the grate with vegetable oil. Grill the skewers over a medium-low fire, turning until the pork and onions are cooked through and the soppressata is crisp, about 12 minutes.
- ☐ Serve at once.
- ☐ Make Ahead: The pork bundles can be assembled earlier in the day and refrigerated before grilling.
- ☐ Wine Recommendation: The spicy soppressata suggests a soft, dry red with smoky overtones and some spice to match. Consider the 1999 Vigna Nirane Dolcetto d'Alba or the 1999 Giacomo Conterno Dolcetto d'Alba.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:27.895217331855%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 584.48kcal (29.22%), Fat: 41.8g (64.31%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.69g (1.34%), Sugar: 1.65g (1.83%), Cholesterol: 140.42mg (46.81%), Sodium: 1138.7mg (49.51%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 44.08g (88.15%), Vitamin B1: 2.04mg (135.98%), Selenium: 61.34µg (87.63%), Vitamin B6: 1.56mg (77.99%), Vitamin B3: 13.41mg (67.07%), Phosphorus: 512.4mg (51.24%), Vitamin B2: 0.71mg (41.75%), Vitamin B12: 1.94µg (32.38%), Zinc: 4.85mg (32.31%), Vitamin K: 31.35µg (29.86%), Potassium: 873.08mg (24.95%), Vitamin E: 2.82mg (18.82%), Vitamin B5: 1.87mg (18.74%), Magnesium: 59.13mg (14.78%), Iron: 2.33mg (12.94%), Copper: 0.23mg (11.36%), Manganese: 0.11mg (5.58%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.77mg (3.36%), Fiber: 0.67g (2.66%), Calcium: 25.94mg (2.59%), Folate: 8.13µg (2.03%)