



Stuffed pork medallions



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



5975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 pork loin boneless
- ☐ 1 large bunch sage leaves picked (you need 32 leaves)
- ☐ 125 g mozzarella cheese sliced into 16 pieces
- ☐ 2 optional: lemon halved
- ☐ 8 servings olive oil
- ☐ 8 servings celery stalks

Equipment

- ☐ knife

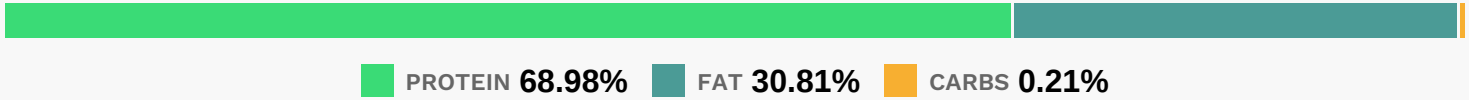
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cocktail sticks

Directions

- ☐ To prepare the pork, lay a medallion on a board. Using the tip of a sharp knife, make a deep pocket in the side without cutting all the way through. Wiggle the knife so the pocket is bigger in the middle than it is at the opening. Stuff each pocket with a piece of cheese and a sage leaf. Thread a cocktail stick through the opening to close the pocket, then press another sage leaf on top of each medallion. Squeeze over juice from one of the lemon halves. The medallions can be prepared a day ahead and kept in the fridge.
- ☐ To cook, wait until the coals are ashen.
- ☐ Drizzle medallions with a little oil and, starting with the sage-leaf side, barbecue medallions for 4 mins on each side, cooking them in batches if needed. While the medallions cook, barbecue the lemon halves, cut-side down, until charred, for squeezing over. Season and serve.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:66.899130484332%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 5975.25kcal (298.76%), Fat: 195.87g (301.34%), Saturated Fat: 58.82g (367.63%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.85g (0.94%), Cholesterol: 2778.04mg (926.01%), Sodium: 2250.75mg (97.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 986.74g (1973.48%), Selenium: 1218.8µg (1741.14%), Vitamin B6: 33.17mg (1658.63%), Vitamin B1: 19.47mg (1297.81%), Vitamin B3: 252.25mg (1261.26%), Phosphorus: 9937.84mg (993.78%), Zinc: 79.52mg (530.12%), Vitamin B2: 8.26mg (485.94%), Potassium: 16475.88mg (470.74%), Vitamin B12: 22.75µg (379.09%), Vitamin B5: 32.78mg (327.81%), Copper: 6.4mg (320.1%), Magnesium: 1148.95mg (287.24%), Iron: 24.16mg (134.22%), Vitamin D: 17.62µg (117.48%), Vitamin E: 7.8mg (51.97%), Calcium: 314.28mg (31.43%), Manganese: 0.45mg (22.37%), Vitamin C: 14.34mg (17.38%), Vitamin K: 9.08µg

(8.65%), Fiber: 0.86g (3.45%), Vitamin A: 116.06IU (2.32%), Folate: 4.42µg (1.11%)