



## 1990 Pork Medallions in Mustard Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SAUCE

### Ingredients

- 0.3 cup chicken broth dry white
- 0.5 teaspoon coarsely ground pepper
- 2 tablespoons mustard coarse-grained
- 4 servings mustard sauce
- 1.5 pounds pork tenderloin
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

### Equipment

- oven
- roasting pan
- kitchen thermometer
- ziploc bags

## Directions

- Stir together first 4 ingredients. Rub mixture over pork, and place in a large heavy-duty zip-top plastic bag. Chill 8 hours.
- Place pork on a lightly greased rack in a shallow roasting pan.
- Bake at 450 for 15 minutes. Reduce temperature to 400, and bake 15 minutes or until a meat thermometer inserted into thickest portion registers 160, basting with wine every 10 minutes. Slice and serve with Mustard Sauce.

## Nutrition Facts

**PROTEIN 53.53%** **FAT 44.66%** **CARBS 1.81%**

## Properties

Glycemic Index:27.75, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:22.487391362858%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 284.78kcal (14.24%), Fat: 13.24g (20.36%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.32g (0.36%), Cholesterol: 110.56mg (36.85%), Sodium: 517.44mg (22.5%), Alcohol: 1.54g (100%), Alcohol %: 0.95% (100%), Protein: 35.69g (71.39%), Vitamin B1: 1.7mg (113%), Selenium: 55.82µg (79.74%), Vitamin B6: 1.32mg (65.9%), Vitamin B3: 11.33mg (56.66%), Phosphorus: 429.93mg (42.99%), Vitamin B2: 0.58mg (34.36%), Zinc: 3.28mg (21.88%), Potassium: 701.26mg (20.04%), Vitamin B12: 0.88µg (14.74%), Vitamin B5: 1.47mg (14.71%), Magnesium: 53.86mg (13.47%), Vitamin K: 13.16µg (12.54%), Iron: 1.92mg (10.65%), Copper: 0.16mg (8.24%), Vitamin E: 0.98mg (6.51%), Manganese: 0.13mg (6.31%), Vitamin D: 0.51µg (3.4%), Fiber: 0.6g (2.4%), Calcium: 20.72mg (2.07%)