



Ancho Pork Medallions



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ancho chile powder
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons jalapeño pepper jelly
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 teaspoon juice of lime
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

☐ 0.3 teaspoon sugar

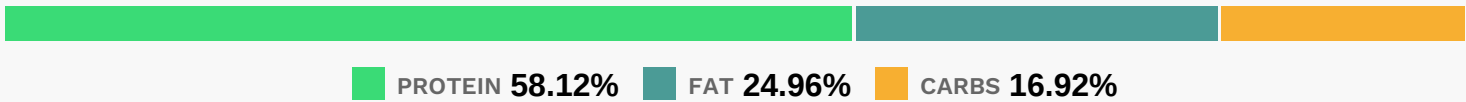
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut pork crosswise into 8 equal pieces.
- ☐ Combine chile powder and next 4 ingredients (through allspice) in a small bowl; rub evenly over both sides of pork.
- ☐ Combine jelly and lime juice; set aside.
- ☐ Heat oil in a large heavy skillet over medium-high heat.
- ☐ Add pork to pan; cook 1 minute on each side.
- ☐ Brush pork with half of jelly mixture; turn and brush with remaining jelly mixture. Cook 1 minute on each side or until desired degree of doneness.
- ☐ Remove pork from pan; let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:14.907825825331%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 168.71kcal (8.44%), Fat: 4.55g (7%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.9g (6.56%), Cholesterol: 73.71mg (24.57%), Sodium: 360.73mg (15.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Vitamin B1: 1.13mg (75.59%), Selenium: 35.01µg (50.02%), Vitamin B6: 0.89mg (44.51%), Vitamin B3: 7.63mg (38.16%), Phosphorus: 282.09mg (28.21%), Vitamin B2: 0.39mg (23.06%), Zinc: 2.17mg (14.45%), Potassium: 464.21mg (13.26%), Vitamin B12: 0.58µg (9.64%), Vitamin B5:

0.96mg (9.64%), Magnesium: 31.83mg (7.96%), Iron: 1.28mg (7.1%), Copper: 0.11mg (5.39%), Vitamin E: 0.69mg (4.58%), Vitamin A: 181.99IU (3.64%), Vitamin K: 1.61µg (1.54%), Manganese: 0.03mg (1.52%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.23mg (1.49%)