



Apricot-Glazed Pork Medallions

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

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups apricot preserves
- 4 servings ground pepper black
- 1 tablespoon pickled ginger chopped
- 1 pound pork tenderloin
- 4 servings salt
- 2 teaspoons sesame oil
- 0.3 cup tamari sauce

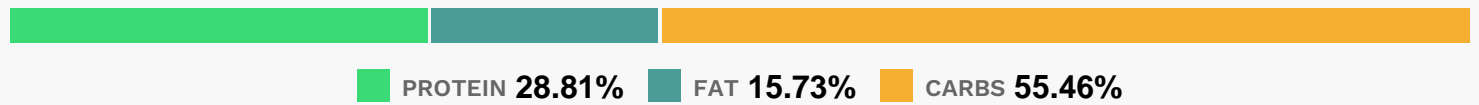
Equipment

frying pan

Directions

- Season both sides of pork with salt and black pepper.
- Heat oil in a large skillet over medium-high heat.
- Add pork and sear 2 minutes per side.
- Add apricot preserves, tamari sauce and ginger and bring to a simmer. Simmer 5 minutes, until pork is cooked through and sauce reduces.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:16.417825899694%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 344.63kcal (17.23%), Fat: 6.2g (9.53%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 48.71g (17.71%), Sugar: 32.4g (36%), Cholesterol: 73.71mg (24.57%), Sodium: 1092.81mg (47.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.07%), Vitamin B1: 1.12mg (74.88%), Selenium: 35.99µg (51.41%), Vitamin B6: 0.92mg (45.88%), Vitamin B3: 8.12mg (40.62%), Phosphorus: 298.06mg (29.81%), Vitamin B2: 0.42mg (24.82%), Potassium: 550.25mg (15.72%), Zinc: 2.24mg (14.94%), Magnesium: 41.16mg (10.29%), Vitamin B5: 1.03mg (10.27%), Iron: 1.84mg (10.23%), Copper: 0.2mg (10.22%), Vitamin B12: 0.59µg (9.83%), Vitamin C: 6.69mg (8.11%), Manganese: 0.14mg (6.98%), Vitamin A: 154.38IU (3.09%), Calcium: 25.65mg (2.57%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.34µg (2.27%), Fiber: 0.44g (1.75%)