



Asian Pork Medallions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 tablespoon bottled ground ginger fresh
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

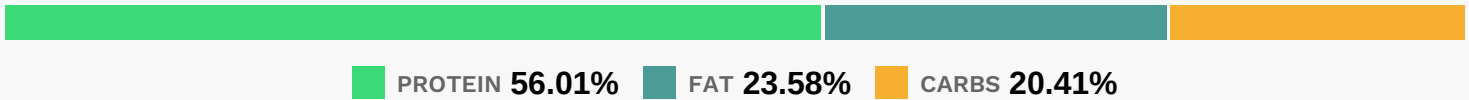
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle pork with salt.
- ☐ Combine garlic, ginger, and oil in a large bowl.
- ☐ Add pork; toss to coat.
- ☐ Add pork to pan; saut 3 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ Add water and remaining ingredients to pan; bring to a boil. Reduce heat; simmer 3 minutes. Spoon sauce over pork.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:16.223913324268%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 176.37kcal (8.82%), Fat: 4.54g (6.98%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.09g (6.76%), Cholesterol: 73.71mg (24.57%), Sodium: 403.84mg (17.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin B1: 1.14mg (76.05%), Selenium: 36.22µg (51.75%), Vitamin B6: 0.94mg (46.97%), Vitamin B3: 7.75mg (38.73%), Phosphorus: 290.41mg (29.04%), Manganese: 0.5mg (25.2%), Vitamin B2: 0.4mg (23.5%), Zinc: 2.25mg (15%), Potassium: 492.16mg (14.06%), Vitamin B5: 0.99mg (9.93%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.6mg (8.9%), Iron: 1.46mg (8.09%), Copper: 0.13mg (6.69%), Vitamin C: 1.66mg (2.01%), Vitamin E: 0.29mg (1.94%), Calcium: 19.12mg (1.91%), Vitamin D: 0.23µg

(1.51%), Fiber: 0.33g (1.33%)