



Braised Pork With Ginger-Peach Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 0.3 cup peach jelly
- ☐ 1 pound pork tenderloin trimmed cut into 1/2-inch medallions
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt

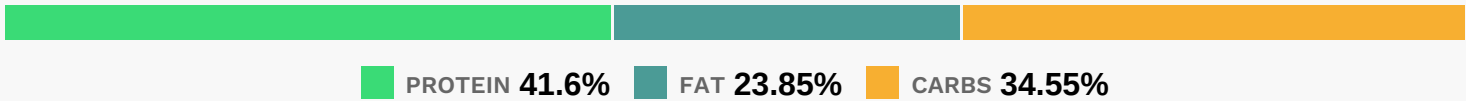
Equipment

☐ frying pan

Directions

- ☐ Pound pork to 1/4-inch thickness.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over high heat.
- ☐ Add pork, and cook 4 minutes on each side.
- ☐ Remove from pan. Repeat procedure with remaining oil and pork.
- ☐ Add broth to pan, scraping pan to loosen browned bits.
- ☐ Add ginger, mustard, and jelly; cook 4 minutes or until thick.
- ☐ Add pork to pan; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:10.63, Inflammation Score:-2, Nutrition Score:15.67434770371%

Nutrients (% of daily need)

Calories: 238.29kcal (11.91%), Fat: 6.17g (9.49%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 19.59g (7.12%), Sugar: 13.87g (15.41%), Cholesterol: 73.71mg (24.57%), Sodium: 517.47mg (22.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.43%), Vitamin B1: 1.15mg (76.39%), Selenium: 37.41µg (53.44%), Vitamin B6: 0.9mg (44.82%), Vitamin B3: 7.78mg (38.91%), Phosphorus: 293.34mg (29.33%), Vitamin B2: 0.42mg (24.62%), Zinc: 2.2mg (14.65%), Potassium: 496.6mg (14.19%), Vitamin B12: 0.64µg (10.58%), Vitamin B5: 1.01mg (10.15%), Magnesium: 34.7mg (8.68%), Iron: 1.39mg (7.71%), Copper: 0.14mg (7.18%), Vitamin E: 0.81mg (5.37%), Vitamin C: 2.6mg (3.15%), Manganese: 0.06mg (2.99%), Vitamin K: 2.27µg (2.16%), Fiber: 0.52g (2.09%), Calcium: 15.61mg (1.56%), Vitamin D: 0.23µg (1.51%)