



Cider-Braised Pork Medallions

READY IN



23 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup apple cider
- 0.3 cup flour all-purpose
- 0.8 cup chicken broth low-sodium
- 1.3 lb pork tenderloin
- 4 servings salt and pepper
- 2 tablespoons butter unsalted
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- wooden spoon
- aluminum foil

Directions

- Cut tenderloin into 8 1 1/4-inch-thick medallions. In a small bowl, combine flour, 1/2 tsp. salt and 1/4 tsp. pepper. Dredge medallions in flour mixture and shake off any excess.
- In a large skillet over medium-high heat, warm butter and oil until butter melts. Cook medallions, in batches if necessary, until lightly browned, about 4 minutes per side.
- Remove to a platter and cover loosely with foil to keep warm.
- Pour off any fat remaining in skillet. Return skillet to heat and pour in broth and cider. Increase heat to high and bring to a boil. Boil rapidly, stirring with a wooden spoon to pick up browned bits on bottom of skillet, until liquid is reduced by half, about 5 minutes.
- Return medallions to skillet, reduce heat to medium and cook, turning, until sauce is syrupy and medallions are cooked through, about 5 minutes.

Nutrition Facts

PROTEIN 37.52% **FAT 48.59%** **CARBS 13.89%**

Properties

Glycemic Index:28.94, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:20.435652259899%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 336.27kcal (16.81%), Fat: 17.88g (27.51%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 11.2g (4.07%), Sugar: 4.34g (4.82%), Cholesterol: 107.19mg (35.73%), Sodium: 283.47mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.13%), Vitamin B1: 1.46mg (97.53%), Selenium: 45.71µg (65.3%), Vitamin B6: 1.1mg (55.02%), Vitamin B3: 10.47mg (52.36%), Phosphorus: 370.94mg (37.09%), Vitamin B2: 0.54mg (31.73%), Potassium: 649.9mg (18.57%), Zinc: 2.77mg (18.44%), Vitamin B12: 0.79µg (13.22%), Vitamin B5:

1.25mg (12.5%), Vitamin K: 13.02µg (12.4%), Magnesium: 42.79mg (10.7%), Iron: 1.89mg (10.49%), Copper: 0.17mg (8.33%), Vitamin E: 1.04mg (6.93%), Manganese: 0.11mg (5.33%), Folate: 14.51µg (3.63%), Vitamin A: 178.21IU (3.56%), Vitamin D: 0.53µg (3.53%), Calcium: 16.79mg (1.68%), Fiber: 0.3g (1.2%)