



Crisp Pork Medallions with Creamy Caper Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons capers drained finely chopped
- ☐ 1 cup breadcrumbs dry fine
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 4 servings lemon wedges
- ☐ 3 tablespoons mayonnaise

- ☐ 0.7 cup yogurt plain (6 ounces; preferably whole-milk)
- ☐ 1.5 lb pork tenderloin
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil for panfrying

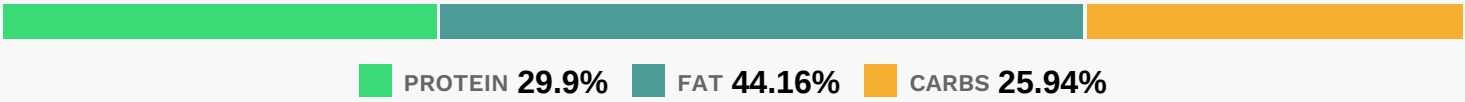
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Stir together all sauce ingredients in a bowl until combined, then chill, covered, until ready to use.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cut pork crosswise into 1 1/4-inch-thick slices (medallions).
- ☐ Whisk together flour, salt, and pepper in a shallow bowl.
- ☐ Whisk together eggs with a pinch of salt in another shallow bowl and put bread crumbs in a third shallow bowl.
- ☐ Working with 1 medallion at a time, dredge medallions in flour, shaking off excess, and dip in egg, letting excess drip off, then coat with crumbs, pressing to help them adhere. Arrange pork in 1 layer on a baking sheet.
- ☐ Heat 1/4 inch oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then panfry medallions, turning over once, until golden brown, 6 to 8 minutes total.
- ☐ Transfer to a clean baking sheet and roast in oven until thermometer inserted horizontally into center of meat registers 145 to 150°F, 6 to 7 minutes.
- ☐ Serve pork with sauce, lemon wedges, and watercress.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:13.37, Inflammation Score:-6, Nutrition Score:33.263478403506%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 626.38kcal (31.32%), Fat: 30.17g (46.42%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 37.83g (13.75%), Sugar: 3.84g (4.27%), Cholesterol: 213.28mg (71.09%), Sodium: 1100.25mg (47.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.97g (91.93%), Vitamin B1: 2.14mg (142.7%), Selenium: 75.16µg (107.38%), Vitamin B3: 14.51mg (72.55%), Vitamin B6: 1.4mg (70.18%), Vitamin B2: 0.98mg (57.59%), Phosphorus: 575.03mg (57.5%), Vitamin K: 56.76µg (54.05%), Zinc: 4.34mg (28.95%), Iron: 4.68mg (25.98%), Potassium: 856.67mg (24.48%), Manganese: 0.46mg (23.18%), Vitamin B12: 1.37µg (22.75%), Vitamin B5: 2.24mg (22.44%), Folate: 89.49µg (22.37%), Magnesium: 72.83mg (18.21%), Copper: 0.3mg (14.83%), Vitamin E: 1.98mg (13.19%), Calcium: 131.53mg (13.15%), Fiber: 2.07g (8.27%), Vitamin D: 1.07µg (7.15%), Vitamin A: 276.32IU (5.53%), Vitamin C: 2.24mg (2.71%)