



Crispy Pork Medallions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 pound pork tenderloin trimmed cut into 8 medallions
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.1 teaspoon salt

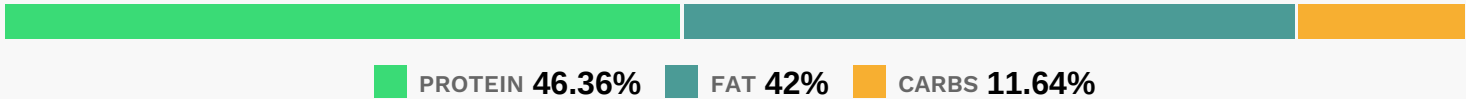
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Rub mustard evenly over pork medallions.
- ☐ Combine panko, thyme, parsley, salt, and pepper in a large bowl. Dredge pork in panko mixture.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pork; saut 2 minutes or until golden brown. Turn pork.
- ☐ Place skillet in oven; bake at 450 for 8 minutes or until pork reaches 14
- ☐ Let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:18.01913043727%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 221.97kcal (11.1%), Fat: 10.15g (15.62%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.37g (1.95%), Sugar: 0.58g (0.64%), Cholesterol: 73.71mg (24.57%), Sodium: 271.04mg (11.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin B1: 1.22mg (81.35%), Selenium: 39.37µg (56.24%), Vitamin B6: 0.9mg (45.13%), Vitamin B3: 8.16mg (40.82%), Phosphorus: 303.1mg (30.31%), Vitamin B2:

0.43mg (25.43%), Vitamin K: 21.32µg (20.31%), Zinc: 2.34mg (15.62%), Potassium: 495.52mg (14.16%), Iron: 2.01mg (11.14%), Vitamin B5: 1.04mg (10.35%), Magnesium: 40.85mg (10.21%), Vitamin B12: 0.6µg (10.08%), Vitamin E: 1.3mg (8.65%), Manganese: 0.16mg (7.85%), Copper: 0.14mg (6.94%), Vitamin C: 4.16mg (5.04%), Fiber: 0.95g (3.82%), Vitamin A: 173.05IU (3.46%), Calcium: 32.98mg (3.3%), Folate: 10.87µg (2.72%), Vitamin D: 0.23µg (1.51%)