



Fruitcake-Stuffed Pork Medallions

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons dijon mustard
- 0.5 cup cooking sherry dry
- 1.5 cups heavy cream
- 4 servings kosher salt
- 4 servings pepper freshly ground
- 2 pound pork tenderloins sliced into 2-to-3-inch medallions
- 6 tablespoons butter unsalted softened
- 2 tablespoons vegetable oil

- 1 teaspoon worcestershire sauce
- 1 cup fruitcake crumbled
- 1 cup fruitcake crumbled

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- toothpicks
- microwave

Directions

- Dissolve 1/4 cup salt in 1 cup cold water in a medium bowl.
- Add the pork medallions, cover and refrigerate 1 to 4 hours.
- Meanwhile, spread the fruitcake on a plate and microwave until slightly dry, 1 to 2 minutes. Chop any large pieces of fruit or nuts, then let cool.
- Mix the butter, mustard, Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste in a medium bowl.
- Mix in the dried fruitcake and refrigerate until firm, about 30 minutes.
- Drain the pork and pat dry. Insert a paring knife into the curved side of each medallion to create a small pocket in the middle. Open the pocket with the knife or your fingertip and tuck spoonfuls of the fruitcake stuffing inside. Secure each opening with a toothpick.
- Preheat the oven to 350 degrees. Season the pork with pepper.
- Heat the vegetable oil in a large skillet over high heat, then add the pork and cook until golden brown, about 3 minutes per side.
- Transfer to a baking dish and bake until cooked through, about 12 minutes.
- Wipe out the skillet.
- Add the sherry, then return to medium heat, bring to a boil and reduce by about half.

- Add the cream and simmer until thickened, about 5 minutes. Season with salt and pepper.
- Remove the toothpicks and slice the pork medallions in half crosswise.
- Serve with spinach, if desired, and drizzle with the cream sauce.
- Photograph by Yunhee Kim

Nutrition Facts

PROTEIN 25.11%

FAT 72.74%

CARBS 2.15%

Properties

Glycemic Index:19.75, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:32.151304423809%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 819.16kcal (40.96%), Fat: 64.44g (99.14%), Saturated Fat: 35.06g (219.13%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3.22g (3.57%), Cholesterol: 293.42mg (97.81%), Sodium: 482.9mg (21%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 50.06g (100.11%), Vitamin B1: 2.27mg (151.33%), Selenium: 75.47µg (107.82%), Vitamin B6: 1.79mg (89.5%), Vitamin B3: 15.16mg (75.82%), Phosphorus: 626.53mg (62.65%), Vitamin B2: 0.95mg (56.08%), Vitamin A: 1851.02IU (37.02%), Zinc: 4.59mg (30.58%), Potassium: 1032.68mg (29.51%), Vitamin B12: 1.36µg (22.63%), Vitamin B5: 2.2mg (21.98%), Magnesium: 76.67mg (19.17%), Vitamin K: 17.3µg (16.47%), Vitamin D: 2.42µg (16.16%), Vitamin E: 2.41mg (16.03%), Iron: 2.65mg (14.7%), Copper: 0.23mg (11.45%), Calcium: 89.51mg (8.95%), Manganese: 0.13mg (6.44%), Fiber: 0.51g (2.04%), Folate: 5.42µg (1.36%)