



## Hoisin Pork Medallions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SAUCE

## Ingredients

- 2 cups rice long-grain hot cooked ( without salt or fat)
- 1 tablespoon sesame oil dark
- 0.3 cup cooking sherry dry
- 3 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves minced
- 0.3 cup green onions sliced
- 3 tablespoons hoisin sauce
- 1 pound pork tenderloin cut into 1/2-inch slices

0.3 teaspoon pepper dried red crushed

0.3 cup water

## Equipment

frying pan

paper towels

## Directions

Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.

Add pepper and garlic; cook, stirring constantly, 1 minute.

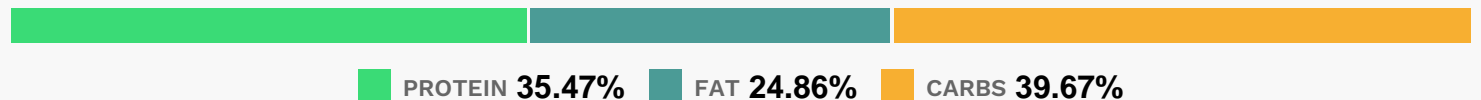
Add pork; cook 4 minutes on each side or until browned.

Remove pork. Wipe skillet with a paper towel.

Combine water and next 3 ingredients in skillet. Cook over medium heat, stirring constantly, 1 minute or until thickened. Return pork to skillet; turn to coat.

Place rice on a serving platter. Spoon pork mixture over rice. Top with green onions; garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:24.3, Inflammation Score:-4, Nutrition Score:18.495652136595%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 318.29kcal (15.91%), Fat: 8.17g (12.57%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.43g (10.34%), Sugar: 3.69g (4.1%), Cholesterol: 74.07mg (24.69%), Sodium: 259.47mg (11.28%),

Alcohol: 2.06g (100%), Alcohol %: 1.04% (100%), Protein: 26.23g (52.47%), Vitamin B1: 1.14mg (75.95%), Selenium: 40.91µg (58.44%), Vitamin B6: 0.99mg (49.66%), Vitamin B3: 8.04mg (40.2%), Phosphorus: 323.96mg (32.4%), Vitamin B2: 0.43mg (25.33%), Manganese: 0.49mg (24.68%), Zinc: 2.63mg (17.53%), Potassium: 532.06mg (15.2%), Vitamin K: 14.65µg (13.96%), Vitamin B5: 1.3mg (12.95%), Magnesium: 47.2mg (11.8%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.39%), Iron: 1.59mg (8.84%), Fiber: 0.91g (3.65%), Vitamin E: 0.46mg (3.03%), Calcium: 29.97mg (3%), Vitamin A: 122.81IU (2.46%), Vitamin C: 2.01mg (2.43%), Folate: 9.62µg (2.4%), Vitamin D: 0.34µg (2.27%)