



Maple-Balsamic-Glazed Pork Medallions



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

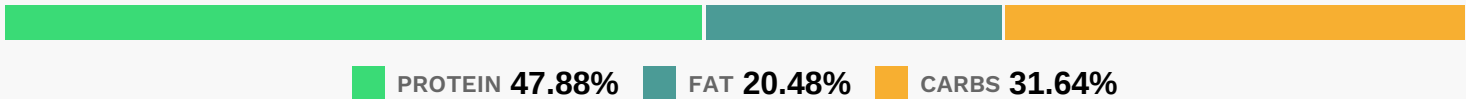
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Combine syrup and vinegar in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 3 minutes), stirring occasionally.
- ☐ Remove from heat; stir in mustard.
- ☐ Cut pork crosswise into 8 pieces.
- ☐ Place each pork piece between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork evenly with salt and pepper.
- ☐ Add pork to pan; cook 3 minutes on each side.
- ☐ Add vinegar mixture; cook 1 minute or until desired degree of doneness, turning pork to coat.
- ☐ Place 2 pork medallions on each of 4 plates; drizzle about 1 tablespoon syrup mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:5.99, Inflammation Score:-2, Nutrition Score:16.725217520624%

Nutrients (% of daily need)

Calories: 208.02kcal (10.4%), Fat: 4.55g (7%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 15.68g (5.7%), Sugar: 13.89g (15.43%), Cholesterol: 73.71mg (24.57%), Sodium: 382.92mg (16.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.87%), Vitamin B1: 1.15mg (76.66%), Selenium: 35.78µg (51.12%), Vitamin B6: 0.88mg (44.16%), Vitamin B3: 7.61mg (38.06%), Vitamin B2: 0.65mg (37.96%), Phosphorus: 285.27mg (28.53%), Manganese: 0.52mg (26.14%), Zinc: 2.31mg (15.41%), Potassium: 516.67mg (14.76%), Vitamin B5: 0.97mg (9.69%), Vitamin B12: 0.58µg (9.64%), Magnesium: 37.71mg (9.43%), Iron: 1.29mg

(7.14%), Copper: 0.11mg (5.45%), Vitamin E: 0.55mg (3.65%), Calcium: 33.17mg (3.32%), Vitamin D: 0.23µg (1.51%),
Vitamin K: 1.45µg (1.38%)