



## Mediterranean Pork Medallions

 Gluten Free

READY IN



28 min.

SERVINGS



28

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tsp rosemary leaves dried crushed
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 cup cut green beans frozen
- 2 cups rice white instant uncooked
- 2 Tbsp parmesan cheese grated kraft
- 1 cup plum tomatoes chopped ( 2 medium)
- 1 lb pork tenderloin
- 0.5 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil, divided kraft

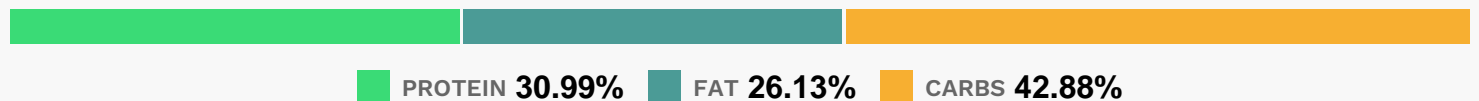
## Equipment

- frying pan
- sauce pan
- meat tenderizer

## Directions

- Heat 1/4 cup of the dressing in medium saucepan on medium heat.
- Add beans; cook 1 min. Stir in broth. Bring to boil. Reduce heat to medium-low; simmer 2 to 3 min. or until beans are crisp-tender.
- Add rice. Return to boil; cover.
- Remove from heat; let stand 5 min. or until liquid is absorbed.
- Meanwhile, pound meat with meat mallet to 1/2-inch thickness; sprinkle with rosemary.
- Heat remaining 1/4 cup dressing in large nonstick skillet.
- Add meat; cook 4 min. on each side or until cooked through.
- Place two of the meat medallions on each of four individual serving plates; top with the reserved liquid from skillet.
- Add tomatoes and cheese to rice mixture; stir.
- Serve with the meat.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.8099999881309%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 54.55kcal (2.73%), Fat: 1.56g (2.4%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.41g (1.97%), Sugar: 0.37g (0.42%), Cholesterol: 10.84mg (3.61%), Sodium: 73.96mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin B1: 0.22mg (14.91%), Selenium: 7.66µg (10.94%), Vitamin B3: 1.66mg (8.3%), Vitamin B6: 0.15mg (7.34%), Phosphorus: 53.99mg (5.4%), Folate: 19.75µg (4.94%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.07mg (3.91%), Iron: 0.65mg (3.59%), Zinc: 0.43mg (2.9%), Potassium: 98.96mg (2.83%), Vitamin K: 2.83µg (2.7%), Vitamin A: 102.25IU (2.04%), Vitamin C: 1.66mg (2.02%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.12µg (1.96%), Magnesium: 7.51mg (1.88%), Copper: 0.04mg (1.8%), Vitamin E: 0.21mg (1.42%), Fiber: 0.34g (1.37%)