



Mustard-Seed-Crusted Pork Medallions with Red Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread fresh french crustless
- ☐ 3 egg whites
- ☐ 2.5 pounds pork tenderloins trimmed well
- ☐ 1 tablespoon mustard seeds whole
- ☐ 0.3 cup olive oil plus more if necessary
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ pie form

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut pork tenderloins crosswise into 1 1/2-inch-wide medallions, then lightly pound with meat mallet to 3/4-inch thickness; sprinkle with pepper.
- ☐ Combine breadcrumbs, coarsely ground mustard seeds, whole mustard seeds, and salt in pie dish or wide bowl.
- ☐ In medium bowl, whisk together egg whites and water.
- ☐ Dip pork in egg white mixture; coat with mustard-seed mixture on both sides; and place on rimmed baking sheet.
- ☐ In heavy large skillet over medium-high heat, heat olive oil.
- ☐ Working in batches, cook pork until brown, about 1 1/2 minutes per side, adding more oil to pan if necessary.
- ☐ Transfer to baking sheet; roast until instant-read thermometer inserted into meat registers 140°F, about 10 minutes (meat will continue to cook as it rests).
- ☐ Transfer pork to large platter; let rest 10 minutes.
- ☐ Serve with red wine sauce.

Nutrition Facts



PROTEIN 39.39%

FAT 30.69%

CARBS 29.92%

Properties

Glycemic Index:9.78, Glycemic Load:20.13, Inflammation Score:-5, Nutrition Score:32.832173643229%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 518.76kcal (25.94%), Fat: 17.36g (26.71%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 34.71g (12.62%), Sugar: 4.75g (5.28%), Cholesterol: 122.85mg (40.95%), Sodium: 789.32mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.15g (100.29%), Vitamin B1: 2.23mg (148.38%), Selenium: 87.74µg (125.34%), Vitamin B3: 17.14mg (85.72%), Vitamin B6: 1.56mg (78.2%), Phosphorus: 585.98mg (58.6%), Vitamin B2: 0.92mg (53.87%), Manganese: 1.02mg (50.78%), Zinc: 4.51mg (30.06%), Iron: 4.92mg (27.36%), Potassium: 903.42mg (25.81%), Magnesium: 91.83mg (22.96%), Vitamin B5: 2.29mg (22.89%), Folate: 70.6µg (17.65%), Vitamin B12: 0.98µg (16.29%), Copper: 0.3mg (15.14%), Fiber: 3.38g (13.51%), Vitamin E: 1.95mg (13.03%), Calcium: 114.3mg (11.43%), Vitamin K: 9.38µg (8.93%), Vitamin D: 0.38µg (2.52%)