



Peppercorn Pork Medallions with Cranberry Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 1 teaspoon lemon pepper
- 1 teaspoons pepper black
- 1 pound pork tenderloin
- 2 teaspoons stick margarine
- 1 teaspoon vegetable oil
- 2 tablespoons water

1 cup roasted cranberry sauce

Equipment

frying pan

plastic wrap

rolling pin

meat tenderizer

Directions

Trim fat from pork; cut crosswise into 8 pieces.

Place each piece between 2 sheets of heavy-duty plastic wrap; flatten each piece to 1/2-inch thickness using a meat mallet or rolling pin.

Sprinkle both sides of pork with peppers.

Heat oil in a 10-inch cast-iron skillet over medium-high heat.

Add pork; cook 5 minutes on each side or until done.

Remove from skillet; keep warm.

Add vinegar and water to pan; cook 30 seconds, stirring constantly. Stir in the Spirited Cranberry-Apricot Sauce and butter, and cook 1 minute, stirring constantly.

Serve sauce with pork.

Nutrition Facts

 **PROTEIN 33.88%**  **FAT 22.8%**  **CARBS 43.32%**

Properties

Glycemic Index:28.5, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:15.83173916003%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg,

Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 288.11kcal (14.41%), Fat: 7.25g (11.15%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.96g (10.9%), Sugar: 24.06g (26.73%), Cholesterol: 73.71mg (24.57%), Sodium: 89.04mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Vitamin B1: 1.13mg (75.03%), Selenium: 34.69µg (49.56%), Vitamin B6: 0.88mg (44.02%), Vitamin B3: 7.58mg (37.89%), Phosphorus: 282.78mg (28.28%), Vitamin B2: 0.4mg (23.5%), Zinc: 2.16mg (14.43%), Potassium: 493.02mg (14.09%), Manganese: 0.2mg (10.06%), Vitamin B12: 0.59µg (9.87%), Vitamin B5: 0.97mg (9.65%), Magnesium: 35.32mg (8.83%), Iron: 1.57mg (8.73%), Vitamin E: 1.08mg (7.2%), Copper: 0.14mg (6.84%), Vitamin K: 4.69µg (4.46%), Fiber: 1.02g (4.09%), Vitamin A: 125.29IU (2.51%), Vitamin D: 0.34µg (2.27%), Calcium: 17.54mg (1.75%)