



Peppered Pork Medallions in Tangy Mushroom Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pork tenderloin
- 1 teaspoon savory vegetable
- 0.3 teaspoon salt
- 2 teaspoons vegetable oil
- 1 cup chicken broth reduced-sodium (from 32-oz carton)
- 2 tablespoons flour all-purpose
- 2 tablespoons balsamic vinegar

- 2 teaspoons rosemary dried crumbled
- 8 oz mushrooms fresh whole

Equipment

- bowl
- frying pan
- plastic wrap
- meat tenderizer

Directions

- Cut pork into four 4-oz pieces. Between sheets of plastic wrap or waxed paper, flatten pork pieces with meat mallet to 4x3 1/2 inches in diameter, less than 1/2 inch thick.
- Sprinkle both sides of pork medallions with mixed-pepper seasoning and salt; press in seasonings. In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add pork; cook about 5 minutes, turning once, until browned.
- Meanwhile, in small bowl, mix broth and flour until smooth.
- Add broth mixture and remaining ingredients to skillet.
- Heat to boiling; reduce heat. Cover and cook 8 to 10 minutes, stirring occasionally, until pork is no longer pink in center and mushrooms are tender.

Nutrition Facts

PROTEIN 54.5% **FAT 31.32%** **CARBS 14.18%**

Properties

Glycemic Index:68, Glycemic Load:3.22, Inflammation Score:-3, Nutrition Score:19.023912823719%

Nutrients (% of daily need)

Calories: 199.53kcal (9.98%), Fat: 6.85g (10.54%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.24g (2.27%), Sugar: 2.41g (2.67%), Cholesterol: 73.71mg (24.57%), Sodium: 227.36mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.64%), Vitamin B1: 1.19mg (79.38%), Selenium: 40.91µg (58.44%), Vitamin B3: 10.59mg (52.94%), Vitamin B6: 0.94mg (46.8%), Vitamin B2: 0.65mg (38.09%), Phosphorus: 348.35mg (34.84%), Potassium: 692.79mg (19.79%), Vitamin B5: 1.82mg (18.16%), Zinc: 2.51mg

(16.76%), Copper: 0.32mg (16.02%), Vitamin B12: 0.67µg (11.19%), Iron: 1.77mg (9.82%), Magnesium: 38.5mg (9.63%), Folate: 17.01µg (4.25%), Manganese: 0.08mg (4.14%), Vitamin K: 4.15µg (3.95%), Vitamin D: 0.45µg (3.02%), Fiber: 0.74g (2.96%), Vitamin E: 0.44mg (2.94%), Vitamin C: 1.35mg (1.64%), Calcium: 14.63mg (1.46%), Vitamin A: 66.4IU (1.33%)