



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

- 2 tablespoons balsamic vinegar
- 2 teaspoons rosemary dried crumbled
- 2 tablespoons flour all-purpose
- 1 teaspoon lemon pepper
- 1 cup chicken broth reduced-sodium (from 32-oz carton)
- 8 oz mushrooms fresh whole
- 1 lb pork tenderloin

- 0.3 teaspoon salt
- 2 teaspoons vegetable oil

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



Properties

Glycemic Index:64.75, Glycemic Load:3.23, Inflammation Score:-2, Nutrition Score:19.182174019192%

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 6.86g (10.55%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.41g (2.68%), Cholesterol: 73.71mg (24.57%), Sodium: 226.88mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Vitamin B1: 1.19mg (79.32%), Selenium: 40.93µg (58.47%), Vitamin B3: 10.58mg (52.89%), Vitamin B6: 0.94mg (46.82%), Vitamin B2: 0.65mg (38.08%), Phosphorus: 348.41mg (34.84%), Potassium: 696.82mg (19.91%), Vitamin B5: 1.82mg (18.21%), Zinc: 2.52mg (16.77%),

Copper: 0.33mg (16.29%), Vitamin B12: 0.67µg (11.19%), Iron: 1.8mg (10.02%), Magnesium: 39.06mg (9.77%),
Manganese: 0.14mg (7.18%), Vitamin K: 4.97µg (4.73%), Folate: 16.74µg (4.18%), Fiber: 0.82g (3.26%), Vitamin D:
0.45µg (3.02%), Vitamin E: 0.45mg (2.98%), Calcium: 16.53mg (1.65%), Vitamin C: 1.22mg (1.48%)