



Pork au Poivre

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black crushed
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 1.3 pounds pork tenderloin
- ☐ 4 servings salt

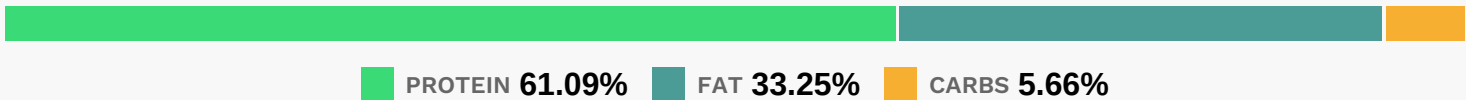
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice tenderloin lengthwise, being careful not to cut through to other side. Split meat into 1 large, flat piece.
- ☐ Spread mustard over both sides of the meat and rub in the pepper, pressing gently so it adheres well.
- ☐ Cut meat crosswise into 4 even portions.
- ☐ In large skillet, heat oil over medium flame. Put tenderloin in the pan and cook for about 10 minutes or until an instant-read thermometer registers 155 degrees F, turning once.
- ☐ Transfer meat to a plate and tent with foil to keep it warm.
- ☐ Add chicken broth and wine to pan and cook over medium-high heat, scraping up any bits that have stuck to the pan. Continue to cook for 8 to 10 minutes or until sauce is reduced to about a half cup.
- ☐ Pour sauce over meat, season with salt, and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:19.501738962029%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 224.43kcal (11.22%), Fat: 7.3g (11.24%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.07g (0.08%), Cholesterol: 92.14mg (30.71%), Sodium: 290.64mg (12.64%), Alcohol: 3.15g (100%), Alcohol %: 1.92% (100%), Protein: 30.19g (60.39%), Vitamin B1: 1.4mg (93.13%), Selenium: 43.5µg (62.14%), Vitamin B6: 1.1mg (54.77%), Vitamin B3: 9.81mg (49.05%), Phosphorus: 358.6mg (35.86%), Vitamin B2: 0.49mg (28.93%), Zinc: 2.72mg (18.12%), Potassium: 617.6mg (17.65%), Manganese: 0.34mg (17.22%), Vitamin B12: 0.77µg (12.78%), Vitamin B5: 1.23mg (12.25%), Magnesium: 43.45mg (10.86%), Iron: 1.71mg (9.51%), Copper: 0.18mg (8.78%), Vitamin K: 5.32µg (5.06%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.43µg (2.83%), Fiber: 0.69g (2.74%), Calcium: 21.69mg (2.17%)