



Pork Balsamico With Mushrooms



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 2 pounds pork tenderloin cut in 1/2-inch-thick slices
- ☐ 1.3 teaspoons salt divided

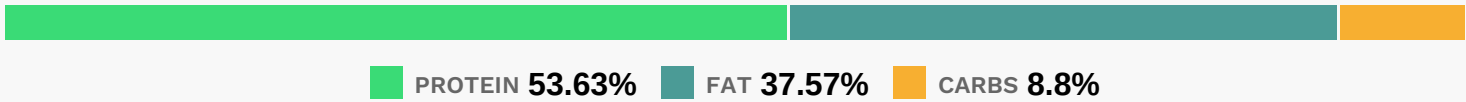
Equipment

☐ frying pan

Directions

- ☐ Rub pork tenderloin slices with 1 tsp. salt and 1/2 tsp. pepper. Cook pork in hot oil in a large skillet over medium-high heat 4 to 5 minutes on each side or to desired degree of doneness.
- ☐ Transfer pork to a serving platter, and keep warm.
- ☐ Add garlic to skillet; saut 30 seconds, stirring constantly.
- ☐ Add mushrooms and remaining 1/4 tsp. salt and 1/4 tsp. pepper to skillet; saut 3 minutes. Stir in vinegar; cook, stirring frequently, 3 to 5 minutes or until mushrooms are tender. Spoon mushroom mixture over pork, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:3.31, Inflammation Score:-3, Nutrition Score:30.347391444704%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 377.74kcal (18.89%), Fat: 15.22g (23.41%), Saturated Fat: 3.68g (23%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.32g (2.66%), Sugar: 5.91g (6.56%), Cholesterol: 147.42mg (49.14%), Sodium: 855.28mg (37.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.88g (97.75%), Vitamin B1: 2.28mg (151.76%), Selenium: 74.23µg (106.04%), Vitamin B6: 1.81mg (90.68%), Vitamin B3: 17.05mg (85.26%), Phosphorus: 608.82mg (60.88%), Vitamin B2: 0.99mg (58.5%), Potassium: 1118.53mg (31.96%), Zinc: 4.59mg (30.57%), Vitamin B5: 2.76mg (27.61%), Vitamin B12: 1.2µg (20.03%), Copper: 0.4mg (20.02%), Magnesium: 71.2mg (17.8%), Iron: 2.82mg (15.67%), Vitamin E: 1.52mg (10.12%), Manganese: 0.17mg (8.75%), Vitamin D: 0.79µg (5.29%), Vitamin K: 4.85µg (4.62%), Calcium: 28.81mg (2.88%), Fiber: 0.69g (2.77%), Folate: 9.75µg (2.44%), Vitamin C: 1.66mg (2.01%)