



 **52%**
HEALTH SCORE

Pork Diane Skillet Supper

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 14 oz chicken broth canned
- 2 tablespoons flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.5 cup spring onion sliced
- 0.1 teaspoon pepper
- 1 lb pork tenderloin
- 8 small potatoes - remove skin red quartered

- 0.3 teaspoon salt
- 2 teaspoons worcestershire sauce

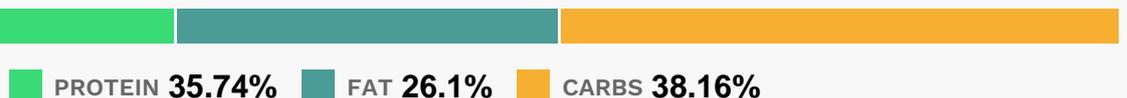
Equipment

- bowl
- frying pan
- measuring cup
- dutch oven

Directions

- Melt butter in 12-inch skillet or Dutch oven over medium-high heat.
- Add pork slices; cook 3 to 5 minutes or until browned on both sides.
- Remove pork from skillet; set aside.
- Reserve 1/4 cup of the broth in 1-cup measuring cup or small bowl.
- Add remaining broth, Worcestershire sauce, salt, pepper and potatoes to skillet. Bring to a boil. Reduce heat; cover and simmer 13 to 17 minutes or until potatoes are tender.
- Reserve 2 tablespoons onions for garnish. Stir remaining onions, mushrooms and pork slices into potatoes. Cover; simmer an additional 5 minutes or until pork is no longer pink in center.
- Add flour to reserved broth in measuring cup; blend until smooth. Gradually stir into pork mixture. Cook over medium-high heat for 2 to 3 minutes or until mixture is bubbly and thickened, stirring constantly.
- Sprinkle with reserved onions.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:38.153913062552%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 633.37kcal (31.67%), Fat: 18.3g (28.15%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 60.19g (20.06%), Net Carbohydrates: 53.73g (19.54%), Sugar: 5.46g (6.07%), Cholesterol: 123.32mg (41.11%), Sodium: 852.06mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.37g (112.75%), Vitamin B1: 1.45mg (96.51%), Vitamin B6: 1.67mg (83.45%), Selenium: 57.91µg (82.73%), Vitamin B3: 14.96mg (74.8%), Phosphorus: 667.59mg (66.76%), Potassium: 2287.1mg (65.35%), Vitamin B2: 0.72mg (42.26%), Zinc: 5.93mg (39.53%), Vitamin C: 32.5mg (39.39%), Vitamin K: 38.16µg (36.34%), Copper: 0.71mg (35.26%), Magnesium: 130.47mg (32.62%), Iron: 5.52mg (30.65%), Manganese: 0.56mg (28.02%), Vitamin B12: 1.6µg (26.64%), Fiber: 6.46g (25.85%), Vitamin B5: 2.29mg (22.9%), Folate: 82.45µg (20.61%), Vitamin A: 579.42IU (11.59%), Calcium: 70.65mg (7.07%), Vitamin E: 0.89mg (5.96%), Vitamin D: 0.49µg (3.25%)