



Pork Marsala

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon beef-flavored bouillon granules
- 0.3 teaspoon pepper black freshly ground
- 3 cups capellini cooked
- 0.3 cup flour all-purpose
- 1 tablespoon butter
- 0.8 cup marsala wine
- 1 pound pork tenderloin
- 0.1 teaspoon salt

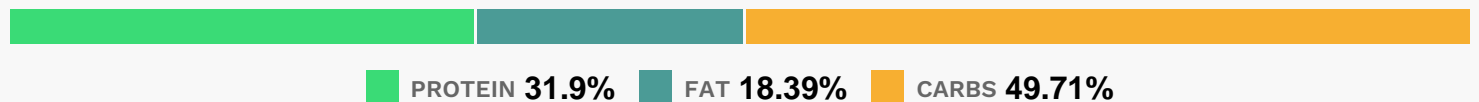
Equipment

- frying pan
- ziploc bags

Directions

- Trim fat from tenderloin; cut tenderloin into 1/2-inch-thick slices.
- Combine flour and salt in a heavy-duty zip-top plastic bag.
- Add tenderloin; seal bag, and shake until tenderloin is well coated.
- Melt margarine in a nonstick skillet over medium heat.
- Add tenderloin; cook until browned, turning once.
- Remove from pan.
- Add wine, bouillon granules, and pepper to pan; bring to a boil. Reduce heat, and simmer, uncovered, 2 minutes. Return tenderloin to pan; cover and simmer 2 minutes or until sauce is thickened. Spoon pork mixture evenly over pasta.
- Tip: You can use any type of thin pasta in place of the capellini--spaghetti, angel hair, or fettuccine. You'll need about 8 ounces of dry pasta to get 3 cups cooked. Cook the pasta according to package directions, omitting the salt and fat.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:20.98, Inflammation Score:-5, Nutrition Score:20.958695566282%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 449.48kcal (22.47%), Fat: 8.02g (12.34%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 46.4g (16.87%), Sugar: 4.26g (4.73%), Cholesterol: 73.73mg (24.58%), Sodium: 290.06mg (12.61%), Alcohol: 6.89g (100%), Alcohol %: 3.02% (100%), Protein: 31.3g (62.59%), Selenium: 68.56µg (97.95%), Vitamin B1: 1.21mg (80.54%), Vitamin B6: 0.93mg (46.52%), Vitamin B3: 8.54mg (42.72%), Phosphorus: 358.68mg (35.87%), Vitamin B2: 0.46mg (26.78%), Manganese: 0.52mg (26.06%), Zinc: 2.81mg (18.75%), Iron: 3.11mg (17.26%), Potassium: 552.55mg (15.79%), Magnesium: 58.22mg (14.55%), Copper: 0.25mg (12.61%), Vitamin B5: 1.14mg (11.36%), Vitamin B12: 0.6µg (9.97%), Fiber: 2.37g (9.48%), Folate: 22.78µg (5.7%), Vitamin E: 0.43mg (2.9%), Vitamin A: 128.15IU (2.56%), Vitamin D: 0.34µg (2.27%), Calcium: 21.79mg (2.18%)