

DRINKS

Pork Marsala

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.50	449 kcal

Pork Marsala could be just the dairy free recipe you've been looking for. For \$1.5 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe serves 4. One serving contains 449 calories, 31g of protein, and 8g of fat.

Ingredients

- ☐ 1 teaspoon beef-flavored bouillon granules
- ☐ 3 cups cooked capellini
- ☐ 1 tablespoon margarine
- ☐ 1 pound pork tenderloin
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ ¼ cup all-purpose flour
- ☐ ¾ cup Marsala wine
- ☐ 0.1 teaspoon salt

EQUIPMENT Frying pan, Ziploc bags

Method

- 1 Trim fat from tenderloin; cut tenderloin into 1/2-inch-thick slices.
- 2 Combine flour and salt in a heavy-duty zip-top plastic bag.
- 3 Add tenderloin; seal bag, and shake until tenderloin is well coated.
- 4 Melt margarine in a nonstick skillet over medium heat.
- 5 Add tenderloin; cook until browned, turning once.
- 6 Remove from pan.

- 7 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.
- 8 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 per serving			
449	31 g	8 g	49 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.2 g · 13% of daily needs
Fibre			2.4 g · 9% of daily needs
Sugar			4.3 g · 5% of daily needs
Sodium			290 mg · 13% of daily needs
Cholesterol			73.7 mg · 25% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-marsala-148521