



## Pork Medallions in Cherry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



233 kcal

SAUCE

### Ingredients

- 2 tablespoons cherry preserves
- 0.5 teaspoon cornstarch
- 0.3 cup less-sodium chicken broth fat-free
- 1 teaspoon parsley fresh chopped
- 0.1 teaspoon ground cloves
- 0.3 teaspoon coarsely ground pepper black
- 0.5 pound pork tenderloin trimmed
- 1 teaspoon olive oil

- 2 tablespoons ruby port
- 0.3 teaspoon salt
- 2 teaspoons seasoned bread crumbs

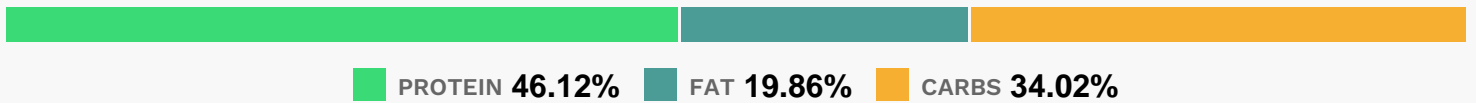
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Pound pork medallions to 1/2-inch thickness, using the palm of your hand.
- Combine chicken broth and next 6 ingredients in a medium bowl; whisk until smooth.
- Dredge pork in breadcrumbs.
- Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.
- Add pork; cook 1 1/2 minutes on each side or until golden brown.
- Add broth mixture; cover, reduce heat, and simmer 8 minutes or until pork is done.
- Transfer pork to serving plates. Spoon cherry sauce over pork, and sprinkle evenly with parsley.

## Nutrition Facts



## Properties

Glycemic Index:59.5, Glycemic Load:7.49, Inflammation Score:-2, Nutrition Score:15.919130353824%

## Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 232.57kcal (11.63%), Fat: 4.66g (7.17%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.52g (6.37%), Sugar: 11.03g (12.25%), Cholesterol: 73.73mg (24.58%), Sodium: 501.82mg (21.82%), Alcohol: 2.3g (100%), Alcohol %: 1.59% (100%), Protein: 24.33g (48.67%), Vitamin B1: 1.16mg (77.29%), Selenium: 36.56µg (52.22%), Vitamin B6: 0.89mg (44.69%), Vitamin B3: 7.91mg (39.53%), Phosphorus: 292.52mg (29.25%), Vitamin B2: 0.42mg (24.75%), Zinc: 2.21mg (14.72%), Potassium: 499.76mg (14.28%), Vitamin B12: 0.64µg (10.7%), Vitamin B5: 1.02mg (10.19%), Manganese: 0.17mg (8.69%), Magnesium: 34.77mg (8.69%), Iron: 1.44mg (8.01%), Copper: 0.14mg (7.17%), Vitamin E: 0.58mg (3.87%), Vitamin K: 3.53µg (3.36%), Vitamin C: 1.88mg (2.28%), Calcium: 17.82mg (1.78%), Fiber: 0.43g (1.72%), Vitamin D: 0.23µg (1.51%), Folate: 5.01µg (1.25%)