



Pork Medaillons with Chutney Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup rum dark
- ☐ 0.5 teaspoon gingerroot minced peeled
- ☐ 0.3 cup green onions sliced
- ☐ 22 ounce mandarin oranges in syrup light canned
- ☐ 0.5 cup mango chutney
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon orange rind grated

- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 pound pork tenderloins
- ☐ 1 tablespoon water

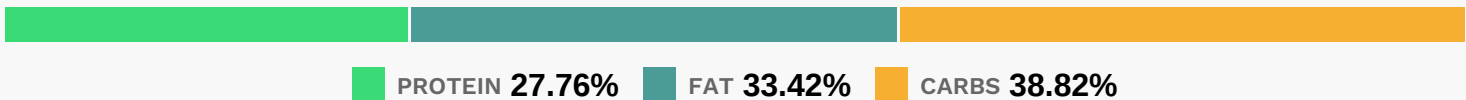
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Partially freeze tenderloins; trim fat from tenderloins.
- ☐ Cut tenderloins diagonally across grain into 1/4-inch-thick slices.
- ☐ Cook half of pork in 1 tablespoon hot olive oil in a large skillet over medium-high heat 3 minutes on each side or until pork is lightly browned.
- ☐ Remove pork from skillet, and keep warm. Repeat procedure with remaining pork slices and remaining 1 tablespoon olive oil.
- ☐ Drain oranges, reserving 1/2 cup liquid.
- ☐ Add reserved liquid, orange rind, and next 3 ingredients to skillet. Return pork to skillet. Bring to a boil; cover, reduce heat, and simmer 4 to 5 minutes or until pork is tender.
- ☐ Transfer pork to a serving platter, using a slotted spoon. Set aside, and keep warm.
- ☐ Add chutney and green onions to pan drippings.
- ☐ Combine cornstarch and water, stirring until smooth.
- ☐ Add cornstarch mixture to chutney mixture. Bring to a boil; reduce heat, and simmer, uncovered, until chutney mixture is thickened and bubbly. Stir in oranges and pecans. Cook over medium-low heat until thoroughly heated. Spoon sauce evenly over pork.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:21.304782660111%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 379.45kcal (18.97%), Fat: 13.39g (20.6%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 32.04g (11.65%), Sugar: 25.1g (27.89%), Cholesterol: 73.71mg (24.57%), Sodium: 71.19mg (3.1%), Alcohol: 3.34g (100%), Alcohol %: 1.55% (100%), Protein: 25.02g (50.04%), Vitamin B1: 1.22mg (81.44%), Selenium: 35.31µg (50.44%), Vitamin B6: 0.97mg (48.53%), Vitamin B3: 8mg (39.98%), Vitamin C: 31.33mg (37.98%), Phosphorus: 320.84mg (32.08%), Vitamin B2: 0.45mg (26.66%), Potassium: 679.87mg (19.42%), Manganese: 0.37mg (18.53%), Zinc: 2.51mg (16.72%), Vitamin A: 756.7IU (15.13%), Magnesium: 52.81mg (13.2%), Copper: 0.25mg (12.72%), Vitamin B5: 1.24mg (12.38%), Fiber: 2.94g (11.75%), Vitamin K: 11.92µg (11.35%), Vitamin B12: 0.59µg (9.83%), Iron: 1.66mg (9.22%), Vitamin E: 1.27mg (8.49%), Folate: 23.84µg (5.96%), Calcium: 59.33mg (5.93%), Vitamin D: 0.34µg (2.27%)