

DINNER

# Pork Medallions with Glazed Onions

20 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 4      | \$1.15      | 178 kcal |

Pork Medallions with Glazed Onions might be just the main course you are searching for. This recipe serves 4 and costs \$1.15 per serving. One serving contains 178 calories, 24g of protein, and 5g of fat. It is brought to you by My Recipes. 1 person found this recipe to be tasty and satisfying.

## Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 teaspoons honey
- ☐ ¼ teaspoon pepper
- ☐ 1 small red onion, thinly sliced and separated into rings
- ☐ ½ teaspoon dried thyme
- ☐ 1 teaspoon olive oil
- ☐ 1 pound pork tenderloin
- ☐ ¼ teaspoon salt

EQUIPMENT Frying pan, Plastic wrap, Rolling pin, Meat tenderizer

## Method

- 1

Trim fat from pork.
- 2

Cut pork into 1-inch-thick slices.
- 3

Place slices between two sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- 4

Sprinkle with thyme, salt, and pepper.

- 5 Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- 6 Add pork; cook 3 minutes on each side or until browned.
- 7 Remove from skillet, and keep warm.
- 8 Heat oil in skillet over medium heat; add onion. Cook 8 to 10 minutes or until onion is tender, stirring often.
- 9 Add vinegar and honey; cook, stirring constantly, 1 minute or until onion is glazed. Spoon onion over pork.

### Nutrition per serving

| 178           | 24 g    | 5 g | 8 g                          |
|---------------|---------|-----|------------------------------|
| KCAL          | PROTEIN | FAT | CARBS                        |
| Saturated Fat |         |     | 1.5 g · 9% of daily needs    |
| Fibre         |         |     | 0.6 g · 2% of daily needs    |
| Sugar         |         |     | 5.8 g · 6% of daily needs    |
| Sodium        |         |     | 208 mg · 9% of daily needs   |
| Cholesterol   |         |     | 73.7 mg · 25% of daily needs |
| Vitamin C     |         |     | 2.1 mg · 3% of daily needs   |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/pork-medallions-with-glazed-onions-144038](https://whatsheate.com/pork-medallions-with-glazed-onions-144038)