



Pork Medallions With Pear Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 teaspoon butter
- ☐ 2 pears firm ripe
- ☐ 0.5 teaspoon pepper
- ☐ 16 ounce center-cut pork loin chops boneless (1/)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

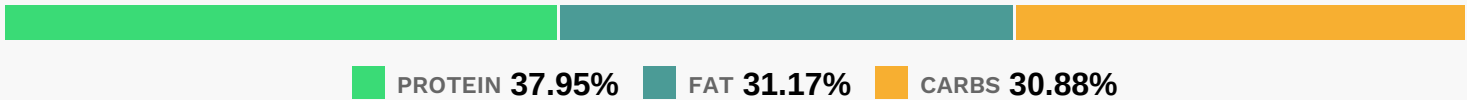
Equipment

☐ frying pan

Directions

- ☐ Sprinkle both sides of pork with pepper and salt. Melt margarine in a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 3 minutes on each side or until browned.
- ☐ Remove from skillet; set aside.
- ☐ While pork cooks, core pears, and cut into 1/2-inch slices.
- ☐ Add pear slices to skillet; sprinkle with sugar and rosemary. Cook over medium-low heat 3 minutes, stirring often.
- ☐ Pour apple juice into skillet; return pork to skillet. Simmer 6 to 8 minutes or until pork is done.

Nutrition Facts



Properties

Glycemic Index:62.4, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:14.779130339622%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 261.96kcal (13.1%), Fat: 9.06g (13.94%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 17.31g (6.29%), Sugar: 14.66g (16.28%), Cholesterol: 75.98mg (25.33%), Sodium: 213.78mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.65%), Selenium: 37.69µg (53.84%), Vitamin B1: 0.77mg (51.6%), Vitamin B3: 9.23mg (46.14%), Vitamin B6: 0.86mg (42.79%), Phosphorus: 269.82mg (26.98%), Potassium: 561.58mg (16.05%), Vitamin B2: 0.24mg (14.1%), Zinc: 1.86mg (12.38%), Fiber: 2.89g (11.56%), Vitamin B12:

0.6µg (10.04%), Magnesium: 37.76mg (9.44%), Vitamin B5: 0.89mg (8.88%), Copper: 0.14mg (7.2%), Manganese: 0.11mg (5.31%), Vitamin C: 4.12mg (4.99%), Iron: 0.8mg (4.42%), Vitamin K: 4.33µg (4.12%), Vitamin D: 0.45µg (3.02%), Calcium: 20.19mg (2.02%), Vitamin E: 0.3mg (1.99%), Folate: 6.32µg (1.58%), Vitamin A: 73.57IU (1.47%)