



food
network

Pork Medallions

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons grapeseed oil
- ☐ 6 servings milk as needed
- ☐ 1 cup panko bread crumbs
- ☐ 1 pound pork loin sliced into medallions and pounded thin
- ☐ 6 servings salt and pepper black freshly ground

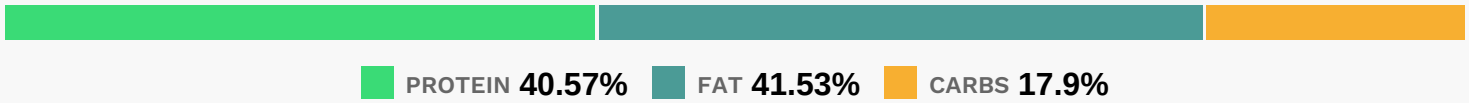
Equipment

- ☐ frying pan

Directions

- ☐ Mix bread crumbs, garlic powder, salt and freshly ground black pepper. Moisten pork medallions with milk, and coat with bread crumb mixture allowing most of the excess to fall away.
- ☐ Add grapeseed oil to the pan over medium-high heat and cook pork leaving each side undisturbed for the first few minutes to allow the caramelization process to begin and prevent the coating from crusting off.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:9.7965218026353%

Nutrients (% of daily need)

Calories: 187.84kcal (9.39%), Fat: 8.49g (13.06%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.64g (2.78%), Sugar: 0.65g (0.73%), Cholesterol: 48.35mg (16.12%), Sodium: 111.62mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Selenium: 24.03µg (34.33%), Vitamin B6: 0.61mg (30.45%), Vitamin B1: 0.44mg (29.66%), Vitamin B3: 5.06mg (25.31%), Phosphorus: 194.03mg (19.4%), Vitamin B2: 0.19mg (10.95%), Zinc: 1.57mg (10.46%), Vitamin E: 1.46mg (9.74%), Potassium: 322.44mg (9.21%), Vitamin B12: 0.43µg (7.13%), Vitamin B5: 0.64mg (6.36%), Magnesium: 25.34mg (6.34%), Manganese: 0.12mg (6.15%), Iron: 0.99mg (5.47%), Copper: 0.08mg (3.91%), Folate: 11.39µg (2.85%), Fiber: 0.6g (2.38%), Calcium: 23.72mg (2.37%), Vitamin D: 0.3µg (2.02%)