



Pork Medallions

READY IN



30 min.

SERVINGS



2

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons butter
- 0.5 cup chicken broth
- 0.3 teaspoon rosemary dried crushed
- 0.3 teaspoon savoury dried
- 2 teaspoons flour all-purpose
- 0.3 cup mushrooms fresh sliced
- 2 servings parsley fresh minced
- 1 garlic clove minced
- 1 tablespoon olive oil

- 1 small onion sliced
- 0.1 teaspoon pepper
- 0.5 pound pork tenderloin
- 0.3 teaspoon salt

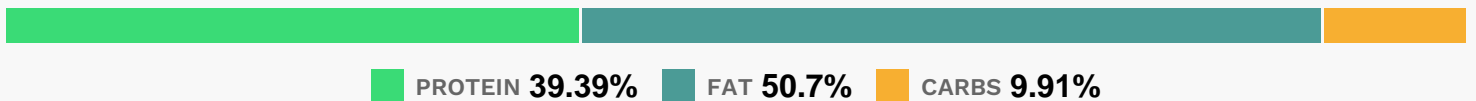
Equipment

- frying pan

Directions

- Slice tenderloin into 1/2-in.-thick medallions. In a skillet, brown pork in oil for about 2 minutes on each side.
- Remove from skillet and set aside.
- In same skillet melt butter.
- Add the onion, mushrooms and garlic; saute for 1 minute. Stir in flour until blended. Gradually stir in the broth, rosemary, savory, salt and pepper. Bring to a boil; cook and stir for 1 minute or until thickened.
- Lay pork medallions over mixture. Reduce heat; cover and simmer for 15 minutes or until meat juices run clear.
- Garnish with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:174, Glycemic Load:2.11, Inflammation Score:-6, Nutrition Score:20.836086895155%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 256.35kcal (12.82%), Fat: 14.31g (22.01%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.32g (1.93%), Sugar: 2.03g (2.26%), Cholesterol: 82.95mg (27.65%), Sodium: 596.44mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.03%), Vitamin B1: 1.17mg (78.29%), Vitamin K: 70.45µg (67.1%), Selenium: 36.83µg (52.61%), Vitamin B6: 0.95mg (47.3%), Vitamin B3: 8.28mg (41.41%), Phosphorus: 306.28mg (30.63%), Vitamin B2: 0.49mg (28.91%), Potassium: 578.75mg (16.54%), Zinc: 2.36mg (15.76%), Vitamin B5: 1.22mg (12.17%), Vitamin C: 8.64mg (10.48%), Vitamin B12: 0.61µg (10.21%), Magnesium: 38.97mg (9.74%), Iron: 1.7mg (9.47%), Vitamin E: 1.41mg (9.4%), Copper: 0.18mg (8.85%), Vitamin A: 436.67IU (8.73%), Manganese: 0.16mg (7.82%), Folate: 18.65µg (4.66%), Fiber: 0.98g (3.9%), Calcium: 28.23mg (2.82%), Vitamin D: 0.36µg (2.43%)