



## Pork Medallions Alfredo

READY IN



20 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 4 cups extra wide egg noodles hot cooked
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup chicken broth fat-free reduced-sodium
- 2 Tbsp basil fresh chopped
- 1 Tbsp juice of lemon
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas hot cooked
- 1 lb pork tenderloin cut into 1/2-inch-thick slices

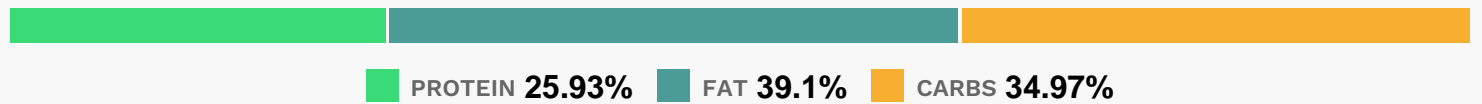
# Equipment

frying pan

# Directions

- Heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add meat; cook 2 min. on each side or until lightly browned on both sides.
- Add cream cheese, broth, dressing, Parmesan and lemon juice; cook 5 to 7 min. or until cream cheese is melted, sauce is thickened and meat is done, stirring constantly.
- Spoon over noodles; top with basil.
- Serve with peas.

# Nutrition Facts



# Properties

Glycemic Index:47.83, Glycemic Load:21.01, Inflammation Score:-7, Nutrition Score:27.845652207084%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 568.17kcal (28.41%), Fat: 24.43g (37.59%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 45.12g (16.41%), Sugar: 4.39g (4.88%), Cholesterol: 154.18mg (51.39%), Sodium: 477.45mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.91%), Selenium: 78.31µg (111.87%), Vitamin B1: 1.27mg (84.63%), Vitamin B6: 1.03mg (51.63%), Phosphorus: 510.41mg (51.04%), Vitamin B3: 9.06mg (45.31%), Manganese: 0.72mg (35.78%), Vitamin B2: 0.56mg (32.69%), Zinc: 4.05mg (27.02%), Vitamin K: 22.76µg (21.68%), Magnesium: 83.35mg (20.84%), Vitamin C: 16.52mg (20.02%), Potassium: 662.66mg (18.93%), Vitamin A: 914.36IU (18.29%), Copper: 0.35mg (17.27%), Vitamin B5: 1.62mg (16.24%), Fiber: 4.05g (16.19%), Iron: 2.78mg (15.45%), Vitamin B12: 0.92µg (15.3%), Calcium: 125.85mg (12.58%), Folate: 40.77µg (10.19%), Vitamin E: 0.88mg (5.83%), Vitamin D: 0.53µg (3.54%)