



## Pork Medallions Alfredo

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinaigrette kraft
- 250 g alouette garlic & herbs spreadable cheese
- 2 tablespoons basil fresh chopped
- 1 tablespoon juice of lemon
- 0.3 cup chicken broth
- 0.3 cup parmesan cheese 100% grated kraft
- 1 pound pork tenderloin cut into 1/2 inch slices

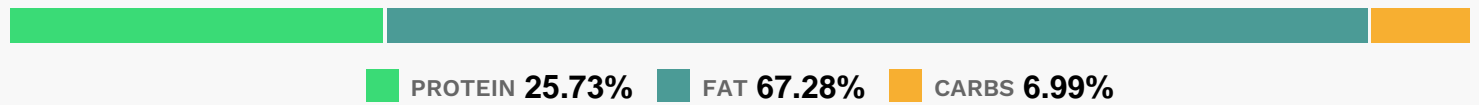
### Equipment

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 all remaining ingredients except basil; cook 6 min. or until cream cheese spread is melted, sauce is thickened and meat is done, stirring frequently.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:15.634347829482%

## 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: 438.06kcal (21.9%), Fat: 33.03g (50.82%), Saturated Fat: 15.07g (94.17%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 7.69g (2.8%), Sugar: 0.62g (0.69%), Cholesterol: 147.08mg (49.03%), Sodium: 646.74mg (28.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.85%), Vitamin B1: 1.12mg (74.43%), Selenium: 36.55µg (52.22%), Vitamin B6: 0.88mg (43.89%), Vitamin B3: 7.78mg (38.91%), Phosphorus: 321.94mg (32.19%), Vitamin B2: 0.41mg (24.17%), Zinc: 2.42mg (16.14%), Potassium: 480.88mg (13.74%), Vitamin B12: 0.69µg (11.56%), Vitamin B5: 0.98mg (9.76%), Magnesium: 33.87mg (8.47%), Iron: 1.2mg (6.69%), Calcium: 66.31mg (6.63%), Copper: 0.12mg (5.9%), Vitamin K: 4.26µg (4.05%), Vitamin D: 0.37µg (2.48%), Vitamin A: 109.31IU (2.19%), Vitamin C: 1.63mg (1.98%), Vitamin E: 0.29mg (1.97%), Manganese: 0.03mg (1.66%)