



Pork Medallions in Caribbean Nut Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon brown sugar
- 4 cups rice long-grain hot cooked
- 0.3 teaspoon pepper red crushed
- 2 teaspoons cumin seeds
- 0.3 teaspoon curry powder
- 0.3 cup dry-roasted peanuts unsalted
- 4 teaspoons ginger fresh peeled chopped

- 6 garlic cloves peeled
- 1 pound pork tenderloin trimmed
- 3 tablespoons coconut milk light
- 2 tablespoons soya sauce low-sodium
- 2 cups onion red thinly sliced
- 0.5 teaspoon salt
- 1 tablespoon water hot
- 6 tablespoons water divided

Equipment

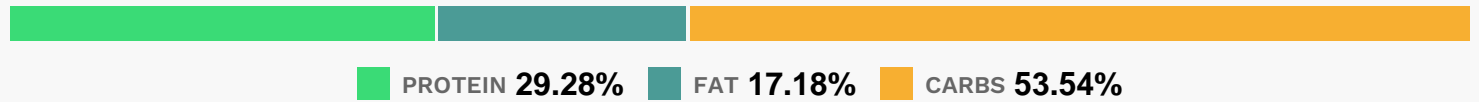
- food processor
- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place garlic cloves in a food processor, and process until minced.
- Add ginger, cumin, curry, and red pepper, and process until blended.
- Add peanuts and hot water, and pulse until well-blended, scraping sides of bowl occasionally.
- Cut pork crosswise into 1-inch slices.
- Place each piece between 2 sheets of heavy-duty plastic wrap; flatten each piece to 1/2-inch thickness using a meat mallet or rolling pin. Coat pork with cooking spray.
- Heat a large nonstick skillet over medium-high heat.
- Add pork; saut 2 minutes on each side or until browned.
- Place pork in a shallow bowl.
- Add soy sauce and 2 tablespoons water to pan, scraping pan to loosen browned bits.
- Add soy sauce mixture to pork; keep warm.

- Add onion to pan; saut 3 minutes.
- Add 1/4 cup peanut mixture; cook 4 minutes. Stir in 1/4 cup water, coconut milk, sugar, salt, and black pepper. Return pork mixture to pan; bring to a boil. Reduce heat; simmer 1 minute.
- Combine remaining peanut mixture with rice.
- Serve pork and sauce with rice.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:49.97, Inflammation Score:-6, Nutrition Score:24.718260697697%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg

Nutrients (% of daily need)

Calories: 452.14kcal (22.61%), Fat: 8.53g (13.12%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 56.6g (20.58%), Sugar: 6.54g (7.26%), Cholesterol: 73.71mg (24.57%), Sodium: 699.44mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Vitamin B1: 1.25mg (83.25%), Selenium: 48.69µg (69.56%), Manganese: 1.25mg (62.3%), Vitamin B6: 1.23mg (61.45%), Vitamin B3: 9.87mg (49.37%), Phosphorus: 433.41mg (43.34%), Vitamin B2: 0.47mg (27.5%), Zinc: 3.42mg (22.81%), Potassium: 777mg (22.2%), Magnesium: 85.22mg (21.31%), Vitamin B5: 1.86mg (18.63%), Copper: 0.34mg (17.1%), Iron: 2.75mg (15.29%), Fiber: 3.2g (12.8%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 7.52mg (9.11%), Folate: 35.68µg (8.92%), Calcium: 73.91mg (7.39%), Vitamin E: 0.48mg (3.2%), Vitamin D: 0.23µg (1.51%), Vitamin A: 53.34IU (1.07%)