



Pork Medallions in Red Currant Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



19 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup currant jelly red
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon balsamic vinegar white

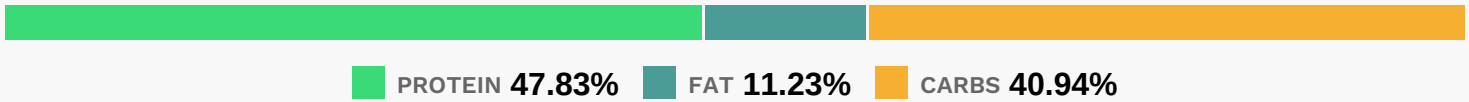
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cut pork crosswise into 12 pieces.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap; pound each piece to 3/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Combine sage, salt, and pepper.
- ☐ Sprinkle both sides of pork with sage mixture.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork and cook 5 to 6 minutes on each side or until pork loses its pink color.
- ☐ Remove pork from pan, and keep warm.
- ☐ Add jelly, vinegar, and ginger to pan. Cook over medium-high heat 2 minutes or until thick.
- ☐ Pour sauce over pork slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:10.92, Inflammation Score:-1, Nutrition Score:15.191304393356%

Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 2.5g (3.84%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 20.09g (7.3%), Sugar: 14.35g (15.94%), Cholesterol: 73.71mg (24.57%), Sodium: 360.87mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.84%), Vitamin B1: 1.14mg (75.77%), Selenium: 35.64µg (50.91%), Vitamin B6: 0.89mg (44.45%), Vitamin B3: 7.62mg (38.08%), Phosphorus: 286.87mg (28.69%), Vitamin B2: 0.41mg (24.12%), Zinc: 2.18mg (14.5%), Potassium: 483.91mg (13.83%), Vitamin B5: 0.97mg (9.68%), Vitamin B12: 0.58µg (9.64%), Magnesium: 33.04mg (8.26%), Iron: 1.35mg (7.48%), Copper: 0.13mg (6.73%), Manganese: 0.13mg (6.7%), Vitamin C: 2.5mg (3.03%), Vitamin E: 0.29mg (1.9%), Fiber: 0.38g (1.53%), Vitamin D: 0.23µg (1.51%),

Calcium: 13.64mg (1.36%)