



Pork Medallions with Apple Cider Gravy

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pork tenderloin
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup apple cider

- ☐ 0.3 cup chicken broth
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 sprigs rosemary leaves fresh

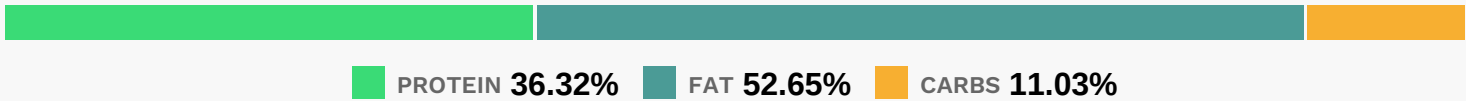
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle pork slices evenly with 1/4 teaspoon each of the salt and pepper. In 12-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat.
- ☐ Add pork; cook 2 to 3 minutes, turning once, until no longer pink in center.
- ☐ Remove pork to plate; cover to keep warm.
- ☐ In same skillet, melt remaining 2 tablespoons butter over medium-high heat. Cook onion and garlic in butter 3 minutes, stirring frequently, until tender. Stir in flour until blended. Gradually add cider and broth; cook 1 minute or until thickened. Stir in chopped rosemary and remaining 1/4 teaspoon each salt and pepper.
- ☐ Serve pork with cider gravy.
- ☐ Garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:2.88, Inflammation Score:-6, Nutrition Score:16.155217387106%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 269.79kcal (13.49%), Fat: 15.57g (23.96%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.74g (2.45%), Sugar: 3.76g (4.18%), Cholesterol: 74mg (24.67%), Sodium: 540.26mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.35%), Vitamin B1: 1.15mg (76.68%), Selenium: 35.3µg (50.43%), Vitamin B6: 0.91mg (45.53%), Vitamin B3: 7.7mg (38.5%), Phosphorus: 291.19mg (29.12%), Vitamin B2: 0.42mg (24.58%), Potassium: 525.16mg (15%), Zinc: 2.2mg (14.67%), Vitamin A: 527.53IU (10.55%), Vitamin B5: 1.02mg (10.22%), Vitamin B12: 0.61µg (10.11%), Magnesium: 36.18mg (9.04%), Iron: 1.35mg (7.49%), Manganese: 0.13mg (6.66%), Copper: 0.12mg (6.23%), Vitamin E: 0.71mg (4.71%), Vitamin C: 2.12mg (2.57%), Fiber: 0.6g (2.41%), Calcium: 23.2mg (2.32%), Vitamin D: 0.34µg (2.27%), Folate: 8.01µg (2%)