



Pork Medallions with Balsamic-Honey Glaze



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 6 servings canola oil for searing
- ☐ 1 tablespoons dijon mustard
- ☐ 1 tablespoon rosemary fresh chopped for garnish
- ☐ 4 cloves garlic finely chopped
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1.8 pounds pork tenderloin

☐ 6 servings salt and pepper black freshly ground

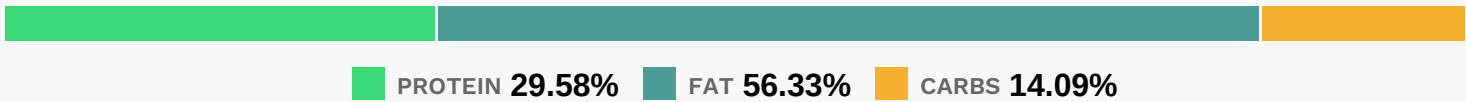
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Make the glaze: Put garlic and rosemary in a small bowl.
- ☐ Add the vinegar, honey, olive oil, mustard, and salt and pepper, to taste, and stir to combine.
- ☐ For the pork: Slice the tenderloin into 1-inch thick medallions (rounds). Cover the bottom of a medium skillet with a light film of canola oil and heat over medium-high heat until hot.
- ☐ Add the pork slices in 1 layer, season with salt and pepper, and sear for 1 minute. Turn and sear for 1 more minute, until lightly browned.
- ☐ Transfer the slices in 1 layer to a shallow baking dish.
- ☐ Pour the glaze over the slices and turn them to coat.
- ☐ Roast for 8 to 10 minutes, until a thermometer inserted reaches 140 degrees F for medium.
- ☐ Remove from the oven and keep warm, loosely covered until ready to serve.
- ☐ To serve place pork medallions on a platter and spoon the balsamic-honey glaze over them.
- ☐ Garnish the platter with the rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:18.79869550013%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 379.58kcal (18.98%), Fat: 23.45g (36.08%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.96g (4.71%), Sugar: 11.85g (13.17%), Cholesterol: 85.99mg (28.66%), Sodium: 102.14mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.42%), Vitamin B1: 1.31mg (87.21%), Selenium: 41.31µg (59.01%), Vitamin B6: 1.04mg (52.13%), Vitamin B3: 8.79mg (43.95%), Phosphorus: 332.08mg (33.21%), Vitamin B2: 0.45mg (26.73%), Vitamin E: 3.42mg (22.83%), Zinc: 2.56mg (17.05%), Potassium: 564.56mg (16.13%), Vitamin K: 13.03µg (12.41%), Vitamin B12: 0.69µg (11.47%), Vitamin B5: 1.14mg (11.38%), Magnesium: 40.65mg (10.16%), Iron: 1.61mg (8.96%), Copper: 0.14mg (6.86%), Manganese: 0.11mg (5.73%), Vitamin D: 0.4µg (2.65%), Calcium: 21.05mg (2.1%)