



Pork Medallions with Balsamic Vinegar and Capers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground to taste
- 1 tablespoon capers to taste
- 0.5 cup chicken broth
- 0.3 cup flour all-purpose
- 1 teaspoon garlic salt to taste
- 2 teaspoons lemon zest minced to taste

- 2 tablespoons olive oil
- 2 pounds pork tenderloin cut into 1 1/2 inch pieces

Equipment

- frying pan
- ziploc bags

Directions

- Place the flour, garlic salt, and pepper into a plastic bag. Shake to mix, then add the pork tenderloin pieces, and shake again to coat. Shake off the excess flour.
- Heat the oil in a large skillet over medium-high heat. Cook the pork medallions in the hot oil until golden-brown on both sides, 2 to 3 minutes per side.
- Pour in the balsamic vinegar and chicken broth. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, 3 to 4 minutes.
- Remove the pork to a serving platter, then stir the lemon zest and capers into the simmering sauce. Continue simmering until the sauce has thickened to your desired consistency.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:4.1, Inflammation Score:-2, Nutrition Score:20.256087132122%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 256.33kcal (12.82%), Fat: 10.11g (15.56%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.46g (2.35%), Sugar: 2.25g (2.5%), Cholesterol: 98.67mg (32.89%), Sodium: 579.31mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.03%), Vitamin B1: 1.53mg (102.04%), Selenium: 47.69µg (68.12%), Vitamin B6: 1.16mg (58.04%), Vitamin B3: 10.36mg (51.79%), Phosphorus: 376.99mg (37.7%), Vitamin B2: 0.55mg (32.32%), Zinc: 2.9mg (19.32%), Potassium: 623.11mg (17.8%), Vitamin B12: 0.79µg (13.17%), Vitamin B5: 1.29mg (12.95%), Magnesium: 44.7mg (11.17%), Iron: 1.9mg (10.54%), Copper: 0.16mg (7.84%),

Vitamin E: 1.03mg (6.87%), Manganese: 0.11mg (5.38%), Vitamin K: 3.43µg (3.26%), Vitamin D: 0.45µg (3.02%),
Folate: 9.95µg (2.49%), Calcium: 16.91mg (1.69%), Fiber: 0.3g (1.18%), Vitamin C: 0.92mg (1.11%)