



 **61%**
HEALTH SCORE

Pork Medallions with Beans and Rice and Mushy Peas

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14 ounce black beans drained and rinsed canned
- 1 cup brown rice cooked
- 0.3 cup cilantro leaves fresh divided chopped
- 3 cloves garlic minced
- 1 bell pepper diced green seeded
- 1 teaspoon ground cumin

- 2 juice of lime
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1 medium onion diced
- 1 medium onion sliced thin
- 1 can peas sweet drained
- 2 pounds pork medallions
- 1 teaspoon red wine vinegar
- 0.3 cup cup heavy whipping cream fat-free sour

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- grill
- microwave
- grill pan

Directions

- In large bowl, place the pork, a good pinch of salt and pepper, lime juice and half of the chopped cilantro.
- Let the mixture sit for about 10 minutes.
- In a medium saute pan, heat 1 tablespoon olive oil over medium heat.
- Add the sliced onion to the pan and saute, stirring occasionally, until the onions are browned, about 8 to 10 minutes. Season with a little bit of salt. Set aside and keep warm.
- To make the beans: In a large saute pan, heat 2 tablespoons olive oil over medium heat and add the onion, green pepper, garlic, cumin, and the remaining half of the cilantro. Cook until the vegetables begin to soften, about 6 minutes. Stir in the beans and vinegar.

- Add the bay leaves. When the mixture comes to a simmer, reduce the heat to low and cook for 10 minutes.
- Preheat a grill or grill pan over high heat.
- Remove the pork from the marinade, shake off the excess liquid. Grill the pork for 5 minutes on each side. Cover and keep warm.
- In a small saucepan or in a microwave, with a little bit of water, heat the peas until warmed through.
- Drain the water and place the peas in a food processor. Puree the peas until just smooth.
- Transfer the puree to a bowl and stir in the sour cream until fully incorporated.
- Divide the rice among 4 plates.
- Place a piece of pork on each plate. Top the pork with a spoonful of pea puree, then the onions, and then the beans.

Nutrition Facts



■ **PROTEIN 21.34%**
■ **FAT 58.21%**
■ **CARBS 20.45%**

Properties

Glycemic Index:53.8, Glycemic Load:6.98, Inflammation Score:-9, Nutrition Score:38.995216908662%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

Nutrients (% of daily need)

Calories: 928.01kcal (46.4%), Fat: 59.88g (92.12%), Saturated Fat: 19.57g (122.34%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 35.34g (12.85%), Sugar: 5.9g (6.56%), Cholesterol: 164.59mg (54.86%), Sodium: 678.96mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.39g (98.78%), Vitamin B1: 1.97mg (131.28%), Selenium: 59.51µg (85.02%), Phosphorus: 635.28mg (63.53%), Vitamin B6: 1.22mg (61.03%), Vitamin B3: 12.17mg (60.85%), Manganese: 1.14mg (56.98%), Vitamin C: 43.9mg (53.21%), Fiber: 11.97g (47.89%), Zinc: 6.67mg (44.44%), Vitamin B2: 0.73mg (42.93%), Potassium: 1271.79mg (36.34%), Iron: 5.86mg (32.57%), Magnesium: 128.18mg (32.05%), Vitamin A: 1449.29IU (28.99%), Folate: 109.95µg (27.49%), Vitamin B12: 1.63µg (27.18%), Vitamin

K: 28.36 μ g (27.01%), Copper: 0.47mg (23.6%), Vitamin B5: 2.1mg (20.96%), Calcium: 133.14mg (13.31%), Vitamin E: 1.73mg (11.51%)