



Pork Medallions with Charcuterie Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings crusty baguette sliced for serving
- 4 tablespoons butter
- 2 cups chicken stock see
- 12 pickled cucumbers / gherkins halved thinly sliced
- 3 tablespoons flour
- 2 tablespoons coarse mustard
- 4 servings pepper black freshly ground
- 4 servings olive oil extra virgin extra-virgin for liberal drizzling
- 12 slices pork tenderloin

- 2 shallots finely chopped
- 1 tablespoon wine

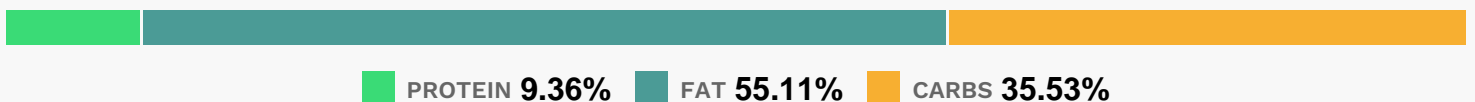
Equipment

- frying pan
- whisk
- aluminum foil

Directions

- Drizzle the pork with extra-virgin olive oil and season with salt and pepper.
- Heat a skillet over medium-high heat and cook the pork in 2 batches, about 2 to 3 minutes per side. Arrange the pork on a platter and cover with foil to keep warm.
- Reduce heat under the pan and add the butter to melt.
- Add the shallots, season with salt and lots of coarse pepper, and cook for 2 to 3 minutes.
- Sprinkle in the flour and stir 1 minute.
- Add a generous splash of sherry, and then whisk in the stock and thicken. Stir in the mustard and cornichons.
- Serve 3 medallions on each plate with lots of sauce, with bread alongside.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:24.79, Inflammation Score:-5, Nutrition Score:12.422608567159%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 474.41kcal (23.72%), Fat: 28.98g (44.58%), Saturated Fat: 9.93g (62.06%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 39.77g (14.46%), Sugar: 6.08g (6.76%), Cholesterol: 35.65mg (11.88%), Sodium: 779.54mg (33.89%), Alcohol: 0.39g (100%), Protein: 11.07g (22.14%), Vitamin B1: 0.51mg (34.05%), Selenium: 19.31µg (27.59%), Vitamin B3: 5.41mg (27.05%), Folate: 90.05µg (22.51%), Vitamin B2: 0.36mg (21.09%), Manganese: 0.42mg (21.05%), Iron: 3.13mg (17.4%), Vitamin E: 2.61mg (17.38%), Vitamin K: 13.39µg (12.75%), Phosphorus: 126.78mg (12.68%), Vitamin B6: 0.22mg (10.82%), Fiber: 2.28g (9.12%), Copper: 0.17mg (8.68%), Calcium: 85.45mg (8.55%), Potassium: 284.35mg (8.12%), Magnesium: 30.66mg (7.66%), Vitamin A: 365.62IU (7.31%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.37mg (3.7%), Vitamin C: 1.3mg (1.58%)