



Pork Medallions with Cherry Sauce

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup cherries dried
- 0.8 cup chicken broth low-sodium
- 3 teaspoons olive oil divided
- 0.3 teaspoon pepper
- 1.3 pounds pork tenderloin sliced into 1/ medallions
- 0.5 teaspoon salt divided
- 2 tablespoons shallots chopped

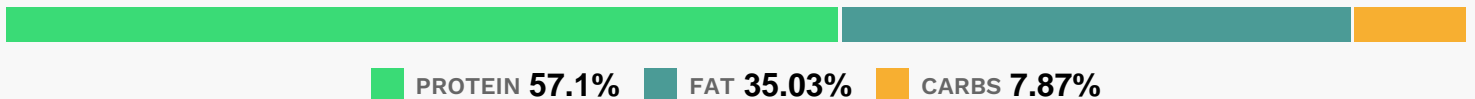
Equipment

- frying pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Season the pork medallions with 1/4 teaspoon of salt and pepper.
- Heat 2 teaspoons oil in a large nonstick skillet over a medium-high heat and cook the meat until there is just a slight blush in the center about 3 minutes per side.
- Transfer the meat to a plate and tent with foil.
- Add the remaining teaspoon of oil and the shallots to the pan and saute until they begin to soften, about 1 minute.
- Add the chicken broth, balsamic vinegar, the remaining 1/4 teaspoon of salt and the cherries and cook until the liquid is reduced by half, about 4 minutes. Season with salt and pepper, to taste.
- Pour the sauce over the pork medallions and serve.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:18.850869792959%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 220.08kcal (11%), Fat: 8.3g (12.76%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.75g (3.06%), Cholesterol: 92.14mg (30.71%), Sodium: 380.19mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.85%), Vitamin B1: 1.4mg (93.16%), Selenium: 43.02µg (61.45%), Vitamin B6: 1.11mg (55.53%), Vitamin B3: 10mg (50%), Phosphorus: 364.25mg (36.43%), Vitamin B2: 0.5mg (29.12%), Potassium: 641.68mg (18.33%), Zinc: 2.73mg (18.2%), Vitamin B12: 0.78µg (13.02%), Vitamin B5: 1.22mg (12.2%), Magnesium: 41.89mg (10.47%), Iron: 1.65mg (9.16%), Copper: 0.16mg (8.11%), Vitamin E: 0.75mg (5.02%), Manganese: 0.07mg (3.38%), Vitamin D: 0.43µg (2.83%), Vitamin K: 2.23µg (2.13%), Calcium: 16.17mg (1.62%), Fiber: 0.37g (1.49%), Vitamin C: 1mg (1.22%)