



Pork Medallions with Cranberries and Apples

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rome apple peeled thinly sliced
- ☐ 0.5 cup apple juice
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.8 cup cranberries fresh
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon flour all-purpose

- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 pound pork tenderloin trimmed
- ☐ 4 teaspoons olive oil divided
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 7 ingredients in a small bowl, stirring well with a whisk.
- ☐ Cut pork crosswise into 8 pieces.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap; flatten each piece to 3/4-inch thickness using a meat mallet or rolling pin. Dredge each pork piece in flour.
- ☐ Heat 3 teaspoons olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork; cook 2 1/2 minutes on each side or until browned.
- ☐ Remove pork from pan.
- ☐ Add 1 teaspoon oil to pan.
- ☐ Add onion; cover, reduce heat, and cook 5 minutes or until golden brown, stirring frequently. Return pork to pan; add juice mixture, apple, and cranberries. Bring to a simmer; cover and cook 3 minutes or until cranberries pop and pork is done, stirring occasionally.
- ☐ Garnish with fresh sage sprigs, if desired.

Nutrition Facts



 **PROTEIN 43.34%**  **FAT 26.5%**  **CARBS 30.16%**

Properties

Glycemic Index:62.94, Glycemic Load:4.71, Inflammation Score:-4, Nutrition Score:17.001304380272%

Flavonoids

Cyanidin: 9.2mg, Cyanidin: 9.2mg, Cyanidin: 9.2mg, Cyanidin: 9.2mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 228.49kcal (11.42%), Fat: 6.67g (10.26%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.17g (5.52%), Sugar: 10.84g (12.04%), Cholesterol: 73.71mg (24.57%), Sodium: 470.61mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.07%), Vitamin B1: 1.17mg (78.12%), Selenium: 36.4µg (52%), Vitamin B6: 0.94mg (47.03%), Vitamin B3: 7.95mg (39.73%), Phosphorus: 299.03mg (29.9%), Vitamin B2: 0.43mg (25.04%), Potassium: 576.93mg (16.48%), Zinc: 2.23mg (14.9%), Vitamin B5: 1.12mg (11.21%), Vitamin B12: 0.64µg (10.58%), Magnesium: 37.98mg (9.5%), Manganese: 0.17mg (8.57%), Iron: 1.46mg (8.09%), Fiber: 1.9g (7.61%), Vitamin E: 1.14mg (7.59%), Copper: 0.14mg (7.17%), Vitamin C: 5.82mg (7.06%), Vitamin K: 4.33µg (4.12%), Folate: 8.7µg (2.17%), Calcium: 20.65mg (2.06%), Vitamin D: 0.23µg (1.51%)