



Pork Medallions with Cranberry Stuffing

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp grey poupon dijon mustard
- 0.3 cup cranberries dried
- 1.5 lb pork tenderloins
- 6 oz stove top stuffing mix for chicken
- 0.3 cup sun tomato vinaigrette dressing dried kraft

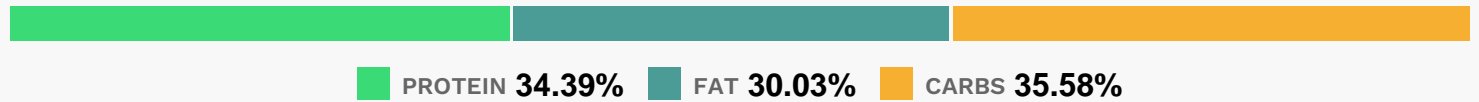
Equipment

- frying pan

Directions

- Cut each tenderloin crosswise into 6 slices; pound to 1/2-inch thickness. Cook in large skillet sprayed with cooking spray on medium-high heat 3 min. on each side or until browned on both sides.
- Mix dressing and mustard; pour over meat. Cook on low heat 3 min. on each side or until meat is done and sauce is thickened. Meanwhile, prepare stuffing as directed on package, but reducing spread to 1 Tbsp. and adding cranberries to water along with stuffing mix.
- Spoon stuffing onto serving plates.
- Add meat; top with sauce.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.7917391829517%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 3.1g (4.77%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.26g (2.51%), Cholesterol: 22.2mg (7.4%), Sodium: 145.57mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (15.99%), Vitamin B1: 0.39mg (25.76%), Selenium: 14.71µg (21.01%), Vitamin B3: 2.75mg (13.77%), Vitamin B6: 0.27mg (13.72%), Phosphorus: 95.63mg (9.56%), Vitamin B2: 0.15mg (8.83%), Zinc: 0.72mg (4.81%), Potassium: 156.98mg (4.49%), Iron: 0.67mg (3.74%), Folate: 14.34µg (3.59%), Magnesium: 13.03mg (3.26%), Vitamin B5: 0.33mg (3.25%), Manganese: 0.06mg (3.19%), Vitamin K: 3.35µg (3.19%), Vitamin B12: 0.18µg (2.98%), Copper: 0.05mg (2.62%), Vitamin E: 0.3mg (1.98%), Fiber: 0.41g (1.65%), Calcium: 10.95mg (1.09%)