



Pork Medallions with Creamy Pan Sauce

 Gluten Free

READY IN



29 min.

SERVINGS



29

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 0.5 cup cooking wine dry white
- 1 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 2 tsp oil
- 1 lb pork tenderloin cut into 1/2-inch-thick slices
- 1 small bell pepper red chopped

Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add meat; cook 4 to 5 min. on each side or until done.
- Remove to serving plate; cover to keep warm.
- Add wine, peppers and garlic to skillet; cook and stir 2 to 3 min. or until crisp-tender.
- Add cream cheese; cook 4 to 5 min. or until cream cheese is melted and sauce is slightly thickened, stirring constantly. Stir in parsley.
- Spoon sauce over meat.

Nutrition Facts


■ PROTEIN **38.92%** ■ FAT **55.32%** ■ CARBS **5.76%**

Properties

Glycemic Index:4.69, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.6682609002227%

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: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.46kcal (1.97%), Fat: 2.22g (3.41%), Saturated Fat: 1g (6.25%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.3g (0.33%), Cholesterol: 14.12mg (4.71%), Sodium: 20.81mg (0.9%), Alcohol: 0.43g (100%), Alcohol %: 2.02% (100%), Protein: 3.51g (7.02%), Vitamin B1: 0.16mg (10.43%), Selenium: 5.1µg (7.28%), Vitamin B6: 0.13mg (6.64%), Vitamin B3: 1.07mg (5.35%), Phosphorus: 43.83mg (4.38%), Vitamin C: 3.47mg (4.21%), Vitamin B2: 0.06mg (3.81%), Vitamin A: 143.77IU (2.88%), Vitamin K: 2.6µg (2.47%), Zinc: 0.33mg (2.17%), Potassium: 76.09mg (2.17%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.09µg (1.5%), Magnesium: 5.39mg (1.35%), Vitamin E: 0.16mg (1.09%), Iron: 0.19mg (1.04%)