



## Pork Medallions with Double-Apple Sauce

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**249 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 0.3 teaspoon pepper black
- 0.5 teaspoon rosemary dried crushed
- 2 large granny smith apples peeled cut into 8 wedges ( 14 ounces)
- 0.5 cup half-and-half
- 1 pound pork tenderloin trimmed ( )
- 0.5 teaspoon salt

### Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

## Directions

- Pour cider into a large nonstick skillet; bring to a boil.
- Add apples. Reduce heat, and simmer 5 minutes or until apples are barely tender.
- Remove apples from pan with a slotted spoon, and place apples in a medium bowl. Cook cider until reduced to 1/2 cup (about 3 minutes).
- Pour reduced cider over apples; set aside.
- Sprinkle pork evenly with salt and pepper. Wipe pan clean with a damp paper towel.
- Heat pan over medium-high heat. Coat pan with cooking spray.
- Add pork to pan; cook 3 minutes on each side or until browned.
- Remove from heat.
- Add the apple mixture, half-and-half, and rosemary.
- Garnish with fresh parsley, if desired.
- Serve immediately.

## Nutrition Facts



**PROTEIN 40.12%** **FAT 22.37%** **CARBS 37.51%**

## Properties

Glycemic Index:43.69, Glycemic Load:6.75, Inflammation Score:-4, Nutrition Score:17.433913225713%

## Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 11.17mg, Epicatechin: 11.17mg, Epicatechin: 11.17mg, Epicatechin: 11.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

## **Nutrients (% of daily need)**

Calories: 248.71kcal (12.44%), Fat: 6.21g (9.56%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 20.61g (7.5%), Sugar: 18.52g (20.58%), Cholesterol: 84.3mg (28.1%), Sodium: 372.74mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.13%), Vitamin B1: 1.17mg (78.16%), Selenium: 35.96µg (51.37%), Vitamin B6: 0.95mg (47.66%), Vitamin B3: 7.76mg (38.79%), Phosphorus: 325.43mg (32.54%), Vitamin B2: 0.49mg (28.58%), Potassium: 673.12mg (19.23%), Zinc: 2.32mg (15.47%), Vitamin B5: 1.15mg (11.45%), Fiber: 2.83g (11.32%), Magnesium: 42.42mg (10.6%), Vitamin B12: 0.64µg (10.6%), Iron: 1.35mg (7.5%), Vitamin C: 5.94mg (7.2%), Copper: 0.14mg (7.2%), Manganese: 0.12mg (5.85%), Calcium: 50.34mg (5.03%), Vitamin E: 0.53mg (3.55%), Vitamin A: 168.96IU (3.38%), Vitamin K: 3.05µg (2.91%), Vitamin D: 0.23µg (1.51%), Folate: 4.31µg (1.08%)