



Pork Medallions with Gingered Cranberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 0.3 cup less-sodium chicken broth fat-free
- 0.5 teaspoon ginger fresh finely minced peeled
- 1 garlic clove minced
- 1 pound pork tenderloin 1-inch-thick trimmed cut into slices

- 1 tablespoon olive oil
- 0.5 cup port sweet
- 0.3 teaspoon salt
- 1 cup whole-berry cranberry sauce canned

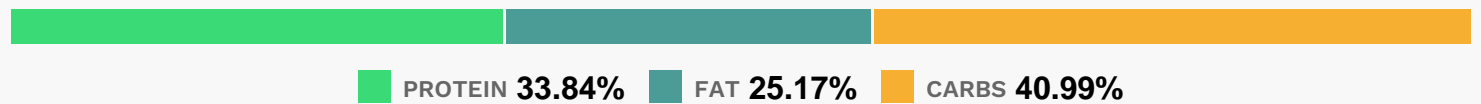
Equipment

- frying pan
- paper towels

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Sprinkle both side of pork evenly with salt and pepper.
- Add pork to the pan; cook 2 minutes on each side or until browned.
- Remove pork from pan; keep warm.
- Wipe pan with a paper towel; return pan to heat.
- Add olive oil to pan.
- Add ginger and garlic; saut 30 seconds.
- Add port, scraping pan to loosen browned bits; cook until reduced to 1/4 cup (about 5 minutes).
- Add cranberry sauce and chicken broth; cook 3 minutes or until slightly thick, stirring occasionally. Stir in balsamic vinegar; return pork to pan. Cook 1 minute, turning to coat pork.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:16.100869559723%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 313.12kcal (15.66%), Fat: 8.13g (12.5%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 28.95g (10.53%), Sugar: 22.76g (25.29%), Cholesterol: 79.08mg (26.36%), Sodium: 284.93mg (12.39%), Alcohol: 3.18g (100%), Alcohol %: 1.7% (100%), Protein: 24.58g (49.16%), Vitamin B1: 1.15mg (76.44%), Selenium: 35.72µg (51.03%), Vitamin B6: 0.92mg (46.01%), Vitamin B3: 7.81mg (39.03%), Phosphorus: 293.74mg (29.37%), Vitamin B2: 0.42mg (24.52%), Potassium: 522.89mg (14.94%), Zinc: 2.22mg (14.83%), Vitamin B12: 0.61µg (10.18%), Vitamin B5: 0.99mg (9.95%), Vitamin E: 1.47mg (9.77%), Magnesium: 36.55mg (9.14%), Iron: 1.62mg (8.99%), Manganese: 0.13mg (6.6%), Copper: 0.13mg (6.57%), Vitamin K: 3.6µg (3.43%), Fiber: 0.82g (3.29%), Vitamin A: 93.23IU (1.86%), Vitamin D: 0.23µg (1.51%), Calcium: 13.92mg (1.39%), Vitamin C: 0.95mg (1.15%)