



Pork Medallions with Glazed Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple juice concentrate unsweetened frozen undiluted thawed
- 2 teaspoons dijon mustard
- 2 large granny smith apples cored peeled cut into 1/4-inch-thick rings
- 0.3 teaspoon pepper
- 1 pound pork tenderloin cut into 1/4-inch-thick slices
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil

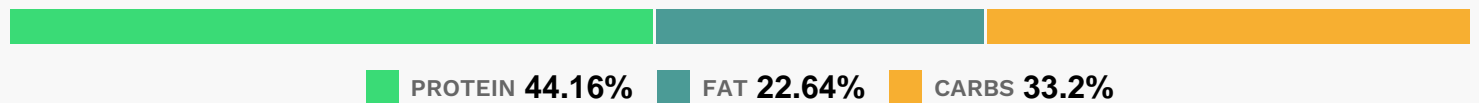
Equipment

- frying pan
- paper towels

Directions

- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add pork slices, and cook until browned on both sides, turning once.
- Drain and pat dry with paper towels. Set pork aside.
- Coat skillet with cooking spray; place over medium-high heat until hot.
- Add apples; saute until tender.
- Add apple juice concentrate, and bring to a boil. Stir in mustard, salt, and pepper; add pork. Cook until thoroughly heated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:16.387391271799%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.37mg, Epicatechin: 9.37mg, Epicatechin: 9.37mg, Epicatechin: 9.37mg 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, Kaempferol: 0.16mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 215.35kcal (10.77%), Fat: 5.43g (8.36%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 15.08g (5.48%), Sugar: 13.62g (15.13%), Cholesterol: 73.71mg (24.57%), Sodium: 233.78mg (10.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Vitamin B1: 1.14mg (76.11%), Selenium: 35.24µg (50.34%), Vitamin B6: 0.92mg (45.95%), Vitamin B3: 7.63mg (38.14%), Phosphorus: 292.17mg (29.22%), Vitamin B2: 0.42mg (24.5%), Potassium: 591.27mg (16.89%), Zinc: 2.19mg (14.58%), Fiber: 2.86g (11.43%), Vitamin B5: 1.04mg (10.37%), Vitamin B12: 0.59µg (9.83%), Magnesium: 38.64mg (9.66%), Iron: 1.31mg (7.29%), Copper: 0.14mg (6.86%), Vitamin C: 5.32mg (6.45%), Manganese: 0.1mg (4.85%), Vitamin K: 4.76µg (4.54%), Vitamin E: 0.55mg (3.7%), Vitamin D: 0.34µg (2.27%), Calcium: 17.37mg (1.74%), Vitamin A: 65.14IU (1.3%)