



Pork Medallions With Hot Pineapple Glaze

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork tenderloin
- 0.3 teaspoon salt
- 0.3 cup orange marmalade
- 2 teaspoons worcestershire sauce
- 2 teaspoons apple cider vinegar
- 0.5 teaspoon ginger grated
- 0.3 teaspoon pepper red crushed

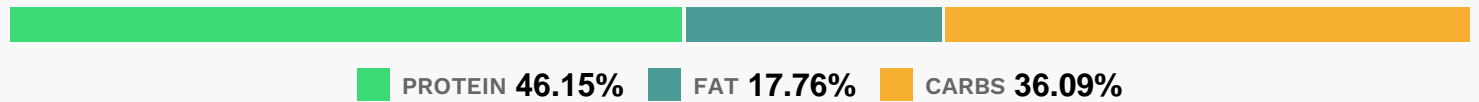
Equipment

frying pan

Directions

- Remove fat from pork.
- Cut pork into 1/4-inch slices.
- Sprinkle both sides of pork with salt.
- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 5 to 6 minutes, turning once, until no longer pink.
- Remove pork from skillet; keep warm.
- Mix remaining ingredients in skillet; heat to boiling. Boil and stir 1 minute.
- Serve sauce over pork.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:14.738695555407%

Nutrients (% of daily need)

Calories: 205.07kcal (10.25%), Fat: 4.02g (6.19%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 18.15g (6.6%), Sugar: 16.32g (18.14%), Cholesterol: 73.71mg (24.57%), Sodium: 260.45mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.04%), Vitamin B1: 1.12mg (74.49%), Selenium: 34.56µg (49.38%), Vitamin B6: 0.88mg (43.78%), Vitamin B3: 7.55mg (37.73%), Phosphorus: 279.08mg (27.91%), Vitamin B2: 0.39mg (23.18%), Zinc: 2.14mg (14.3%), Potassium: 484.85mg (13.85%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.95mg (9.55%), Magnesium: 31.96mg (7.99%), Iron: 1.33mg (7.38%), Copper: 0.13mg (6.65%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.32mg (2.11%), Calcium: 20.86mg (2.09%), Vitamin C: 1.68mg (2.04%), Manganese: 0.03mg (1.53%), Vitamin A: 58.23IU (1.16%)