



Pork Medallions with Lemon Sauce

READY IN



16 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh finely chopped
- 0.3 cup juice of lemon
- 2 tablespoons olive oil
- 1 lb pork tenderloin cut into 1-inch slices
- 4 servings salt
- 1 tablespoon butter unsalted
- 0.5 cup white wine

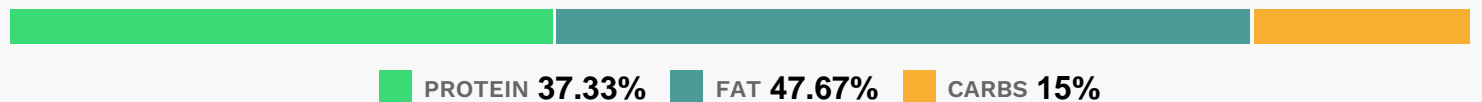
Equipment

- frying pan
- wooden spoon
- chefs knife

Directions

- Flatten each pork slice to 3/4-inch thickness by pressing it with flat side of a chef's knife.
- Sprinkle pork slices with salt.
- Place flour in a shallow dish and dredge pork slices in it.
- Warm oil in a large skillet over medium-high heat. Working in batches if necessary, cook pork medallions, turning once, until well browned on both sides, about 4 minutes total.
- Transfer pork to a plate.
- Add wine and lemon juice to skillet and bring to a boil, scraping up browned bits from bottom of pan with a wooden spoon. Boil, stirring occasionally, until thickened, about 5 minutes.
- Remove from heat; stir in butter and parsley. Return pork to pan and warm through, turning slices to coat with sauce.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:5.89, Inflammation Score:-5, Nutrition Score:18.714347943016%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg
Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 14g (21.53%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.52g (3.46%), Sugar: 0.72g (0.8%), Cholesterol: 81.23mg (27.08%), Sodium: 256.26mg (11.14%), Alcohol: 3.09g (100%), Alcohol %: 2.15% (100%), Protein: 24.66g (49.31%), Vitamin B1: 1.2mg (80.16%), Selenium: 37.97µg (54.25%), Vitamin B6: 0.9mg (44.8%), Vitamin B3: 8.18mg (40.92%), Vitamin K: 37.41µg (35.63%), Phosphorus: 295.43mg (29.54%), Vitamin B2: 0.44mg (26.09%), Zinc: 2.26mg (15.08%), Potassium: 505.84mg (14.45%), Vitamin B5: 1.04mg (10.4%), Vitamin C: 8.56mg (10.38%), Iron: 1.84mg (10.23%), Vitamin B12: 0.6µg (9.93%), Magnesium: 37.9mg (9.47%), Vitamin E: 1.38mg (9.22%), Folate: 25.56µg (6.39%), Manganese: 0.13mg (6.38%), Copper: 0.12mg (6.16%), Vitamin A: 259.13IU (5.18%), Vitamin D: 0.39µg (2.62%), Calcium: 15.77mg (1.58%), Fiber: 0.39g (1.57%)