



Pork Medallions with Mustard-Chive Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided ()
- ☐ 0.5 cup crème fraîche sour
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups leek white green chopped (and pale parts only; 2 medium)

- ☐ 1 cup chicken broth
- ☐ 2 tablespoons olive oil divided
- ☐ 2 pound pork tenderloin
- ☐ 3 tablespoons coarse mustard whole

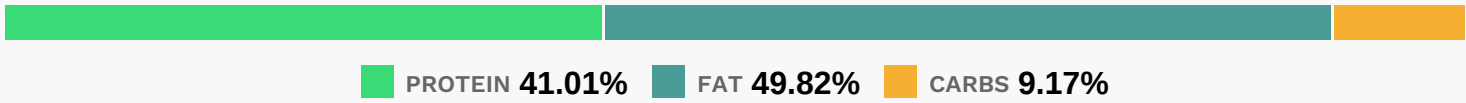
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in large skillet over medium-high heat.
- ☐ Add leeks and cook until beginning to turn golden, stirring frequently, about 5 minutes. Stir in broth, wine, and garlic. Boil until mixture is reduced to 1 2/3 cups, about 4 minutes.
- ☐ Whisk in crème fraîche and mustard; set aside. (Sauce can be made 2 hours ahead.
- ☐ Let stand at room temperature.) Melt 1 tablespoon butter with 1 tablespoon oil in another large skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper. Sauté until browned and cooked, about 5 minutes per side.
- ☐ Transfer pork to platter.
- ☐ Add sauce to skillet; simmer sauce over medium heat until slightly thickened, scraping up any browned bits, about 2 minutes. Stir in chopped chives and tarragon. Season with salt and pepper.
- ☐ Return pork to skillet. Cook over medium heat just until rewarmed, stirring frequently, about 1 minute.
- ☐ Transfer to platter, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:25.934347981992%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 345.18kcal (17.26%), Fat: 18.19g (27.99%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.5g (2.37%), Sugar: 2.2g (2.45%), Cholesterol: 119.62mg (39.87%), Sodium: 217.57mg (9.46%), Alcohol: 2.06g (100%), Alcohol %: 0.93% (100%), Protein: 33.7g (67.39%), Vitamin B1: 1.53mg (101.91%), Selenium: 49.64µg (70.91%), Vitamin B6: 1.3mg (64.8%), Vitamin B3: 10.87mg (54.35%), Phosphorus: 423.51mg (42.35%), Vitamin K: 41.57µg (39.59%), Vitamin B2: 0.59mg (34.77%), Potassium: 781.6mg (22.33%), Zinc: 3.12mg (20.79%), Vitamin A: 943.86IU (18.88%), Manganese: 0.34mg (16.81%), Iron: 2.88mg (15.99%), Magnesium: 62.52mg (15.63%), Vitamin B12: 0.87µg (14.56%), Vitamin B5: 1.42mg (14.23%), Copper: 0.21mg (10.72%), Vitamin E: 1.5mg (9.99%), Vitamin C: 7.01mg (8.5%), Calcium: 73.06mg (7.31%), Folate: 27.31µg (6.83%), Fiber: 1.03g (4.13%), Vitamin D: 0.45µg (3.02%)