



Pork Medallions with Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup milk fat-free
- ☐ 3 green onions sliced
- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon vegetable oil

Equipment

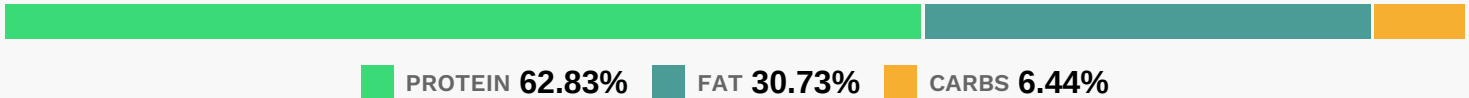
- ☐ frying pan
- ☐ plastic wrap

- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Trim fat from pork.
- ☐ Cut pork into 1-inch-thick slices.
- ☐ Place slices between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- ☐ Coat a large nonstick skillet with cooking spray; add oil, and place pan over medium-high heat until hot.
- ☐ Add half of pork, and cook 3 minutes on each side or until browned.
- ☐ Remove from pan; set aside, and keep warm. Repeat procedure with remaining half of pork.
- ☐ Reduce heat to low; add milk to pan, stirring constantly, scraping pan to loosen browned bits. Stir in mustard and green onions. Return pork to pan; cover and cook 2 minutes, turning to coat with sauce.
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:17.12000009288%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 163.89kcal (8.19%), Fat: 5.42g (8.34%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2g (0.73%), Sugar: 1.86g (2.07%), Cholesterol: 74.63mg (24.88%), Sodium: 155.46mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.9%), Vitamin B1: 1.15mg (76.66%), Selenium: 37.58µg (53.68%), Vitamin B6: 0.9mg (44.8%), Vitamin B3: 7.62mg (38.11%), Phosphorus: 319.76mg (31.98%), Vitamin B2: 0.43mg (25.55%), Vitamin K: 20.81µg (19.82%), Zinc: 2.34mg (15.61%), Potassium: 532.89mg (15.23%), Vitamin B12: 0.77µg (12.79%), Vitamin B5: 1.09mg (10.88%), Magnesium: 39.69mg (9.92%), Iron: 1.35mg (7.51%), Calcium:

58.43mg (5.84%), Copper: 0.11mg (5.73%), Vitamin D: 0.68µg (4.51%), Vitamin A: 159.8IU (3.2%), Manganese:
0.06mg (3.12%), Vitamin E: 0.42mg (2.78%), Fiber: 0.56g (2.23%), Vitamin C: 1.72mg (2.09%), Folate: 6.9µg (1.72%)