



Pork Medallions with Nectarine-Cranberry Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter divided
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 pound pork tenderloins trimmed
- 2 cups nectarines chopped (3 nectarines)

- 0.3 cup onion finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup cranberries dried sweetened

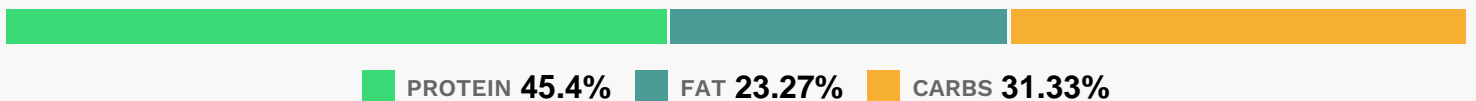
Equipment

- frying pan
- sauce pan
- plastic wrap
- meat tenderizer

Directions

- To prepare chutney, melt 1 teaspoon butter in medium saucepan over medium heat.
- Add onion; cook 4 minutes or until tender.
- Add nectarine, cranberries, and vinegar; cook 3 minutes or until nectarine is tender.
- Remove from heat; stir in 1/4 teaspoon salt, cinnamon, cloves, and remaining 2 teaspoons butter.
- To prepare pork, cut pork crosswise into 8 (1-inch-thick) slices.
- Place each slice between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle pork evenly with 1/2 teaspoon salt and pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pork; cook 3 minutes on each side or until desired degree of doneness.
- Serve pork with chutney.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:3, Inflammation Score:-4, Nutrition Score:17.055652162303%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 217.34kcal (10.87%), Fat: 5.64g (8.67%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.12g (5.5%), Sugar: 14.15g (15.72%), Cholesterol: 81.23mg (27.08%), Sodium: 530.1mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Vitamin B1: 1.16mg (77.59%), Selenium: 35.1µg (50.15%), Vitamin B6: 0.92mg (45.99%), Vitamin B3: 8.46mg (42.28%), Phosphorus: 305.3mg (30.53%), Vitamin B2: 0.42mg (24.42%), Potassium: 578.79mg (16.54%), Zinc: 2.34mg (15.59%), Vitamin B5: 1.14mg (11.36%), Magnesium: 39.8mg (9.95%), Vitamin B12: 0.58µg (9.74%), Manganese: 0.18mg (9.07%), Copper: 0.18mg (8.8%), Iron: 1.46mg (8.09%), Fiber: 1.95g (7.81%), Vitamin E: 0.99mg (6.61%), Vitamin A: 326.26IU (6.53%), Vitamin C: 3.09mg (3.74%), Vitamin K: 2.83µg (2.69%), Folate: 6.97µg (1.74%), Calcium: 15.47mg (1.55%), Vitamin D: 0.23µg (1.51%)