



Pork Medallions with Orange-Rosemary Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon bottled garlic minced
- 0.5 teaspoon rosemary dried crumbled
- 0.5 cup cooking wine dry red
- 0.8 cup less-sodium chicken broth fat-free
- 2 teaspoons olive oil divided
- 0.3 cup orange juice
- 1 pound pork tenderloin

- 0.3 teaspoon salt
- 2 tablespoons tomato paste

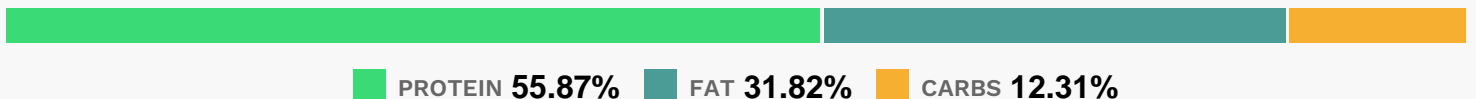
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Trim fat from pork, and cut crosswise into 1-inch-thick pieces.
- Place each piece between 2 sheets of heavy-duty plastic wrap; flatten each piece to 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle both sides of pork with pepper and salt.
- Heat 1 teaspoon oil in a 9-inch cast-iron skillet coated with cooking spray over medium-high heat.
- Add pork; cook 3 minutes on each side or until done.
- Remove pork from pan; set aside.
- Heat 1 teaspoon oil in pan.
- Add garlic; saut 45 seconds. Stir in wine and rosemary, scraping pan to loosen browned bits.
- Add tomato paste; cook 2 minutes. Stir in broth and orange juice; cook until thick (about 6 minutes).
- Serve pork with sauce.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:16.896521765253%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 200.15kcal (10.01%), Fat: 6.17g (9.5%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.38g (2.64%), Cholesterol: 73.71mg (24.57%), Sodium: 442.48mg (19.24%), Alcohol: 3.15g (100%), Alcohol %: 1.85% (100%), Protein: 24.39g (48.77%), Vitamin B1: 1.14mg (76.21%), Selenium: 36.28µg (51.83%), Vitamin B6: 0.94mg (47.22%), Vitamin B3: 8.07mg (40.35%), Phosphorus: 295.66mg (29.57%), Vitamin B2: 0.41mg (24.27%), Potassium: 589.07mg (16.83%), Zinc: 2.23mg (14.9%), Vitamin C: 10.68mg (12.95%), Vitamin B12: 0.67µg (11.25%), Vitamin B5: 1.07mg (10.67%), Magnesium: 37.5mg (9.38%), Iron: 1.53mg (8.52%), Copper: 0.16mg (7.99%), Manganese: 0.14mg (7.1%), Vitamin E: 0.89mg (5.96%), Vitamin A: 157.36IU (3.15%), Vitamin K: 2.6µg (2.48%), Vitamin D: 0.34µg (2.27%), Calcium: 21.26mg (2.13%), Fiber: 0.51g (2.03%), Folate: 6.23µg (1.56%)