



Pork Medallions with Pomegranate-Cherry Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup pomegranate juice
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup cherries dried sweet
- ☐ 1 teaspoon water

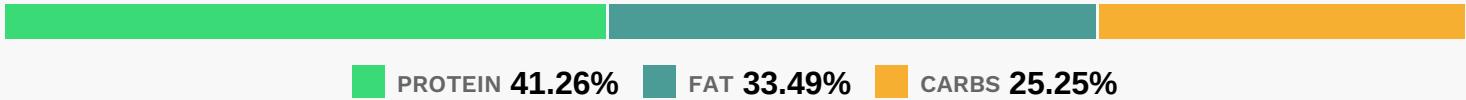
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut pork crosswise into 12 (1-inch-thick) pieces.
- ☐ Sprinkle both sides of pork with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork to pan; cook 4 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ Add juice, cherries, wine, and vinegar to pan; bring to a boil. Reduce heat to medium; cook 2 minutes.
- ☐ Combine cornstarch and 1 teaspoon water in a small bowl.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove pan from heat.
- ☐ Add butter, stirring until butter melts. Return pork to pan, turning to coat.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:16.027826181248%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 257.26kcal (12.86%), Fat: 8.89g (13.68%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.07g (5.12%), Sugar: 11.54g (12.82%), Cholesterol: 81.23mg (27.08%), Sodium: 308.91mg (13.43%), Alcohol: 1.58g (100%), Alcohol %: 1.02% (100%), Protein: 24.65g (49.3%), Vitamin B1: 1.14mg (75.78%), Selenium: 35.08µg (50.11%), Vitamin B6: 0.89mg (44.7%), Vitamin B3: 7.65mg (38.27%), Phosphorus: 287.65mg (28.76%), Vitamin B2: 0.39mg (23.17%), Potassium: 539.51mg (15.41%), Zinc: 2.19mg (14.6%), Vitamin B5: 1.05mg (10.54%), Vitamin B12: 0.58µg (9.74%), Vitamin A: 446.73IU (8.93%), Magnesium: 35.03mg (8.76%), Iron: 1.46mg (8.1%), Vitamin E: 0.95mg (6.36%), Copper: 0.12mg (5.75%), Vitamin K: 5.79µg (5.52%), Manganese: 0.08mg (4.21%), Fiber: 1.02g (4.07%), Calcium: 24.1mg (2.41%), Folate: 7.6µg (1.9%), Vitamin D: 0.23µg (1.51%)