



Pork Medallions with Porcini Mushroom Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1.5 ounces porcini mushrooms dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 garlic clove crushed
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup plum brandy dry

- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion diced red
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups water boiling

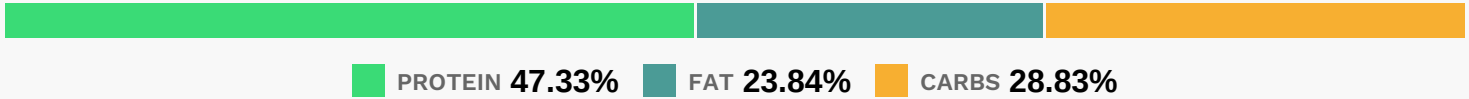
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ colander
- ☐ meat tenderizer

Directions

- ☐ Combine mushrooms and 1 1/2 cups boiling water in a bowl. Cover and let stand 30 minutes or until tender.
- ☐ Drain in a colander over a bowl, reserving 1 cup liquid. Finely chop mushrooms.
- ☐ Place each piece of pork between 2 sheets of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of pork with pepper.
- ☐ Combine rosemary, salt, and crushed garlic in a small bowl; mash with a fork into a paste.
- ☐ Heat olive oil and butter in a large nonstick skillet over medium-high heat.
- ☐ Add garlic paste; saut 30 seconds.
- ☐ Add pork; cook for 2 minutes on each side.
- ☐ Remove from pan.
- ☐ Add diced onion to pan; saut for 5 minutes or until tender.
- ☐ Add chopped mushrooms and Marsala, and cook for 1 minute.
- ☐ Add reserved mushroom liquid and broth; bring to a boil. Cook until reduced to 1 1/2 cups (about 10 minutes). Reduce heat to medium-low. Return pork to pan; cook 3 minutes or until thoroughly heated.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:21.439130490241%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 246.39kcal (12.32%), Fat: 5.73g (8.81%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 13.7g (4.98%), Sugar: 3.94g (4.38%), Cholesterol: 76.4mg (25.47%), Sodium: 746.27mg (32.45%), Alcohol: 4.59g (100%), Alcohol %: 1.74% (100%), Protein: 25.58g (51.17%), Vitamin B1: 1.19mg (79.26%), Selenium: 41.52µg (59.32%), Vitamin B6: 1.04mg (51.93%), Vitamin B3: 9.51mg (47.53%), Copper: 0.71mg (35.53%), Vitamin B5: 3.41mg (34.13%), Phosphorus: 331.25mg (33.12%), Vitamin B2: 0.55mg (32.38%), Zinc: 3.07mg (20.45%), Potassium: 714.19mg (20.41%), Manganese: 0.3mg (15.02%), Magnesium: 52.91mg (13.23%), Vitamin B12: 0.69µg (11.57%), Iron: 1.59mg (8.82%), Fiber: 1.88g (7.51%), Folate: 23.77µg (5.94%), Vitamin D: 0.64µg (4.28%), Vitamin E: 0.58mg (3.86%), Vitamin C: 2.83mg (3.43%), Calcium: 25.31mg (2.53%), Vitamin K: 2.24µg (2.14%)