



## Pork Medallions with Port Wine-Dried Cherry Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 pounds pork tenderloins trimmed
- ☐ 1 cup red wine sweet
- ☐ 4 teaspoons raspberry jam seedless
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cherries dried sweet
- ☐ 1 tablespoon vegetable oil

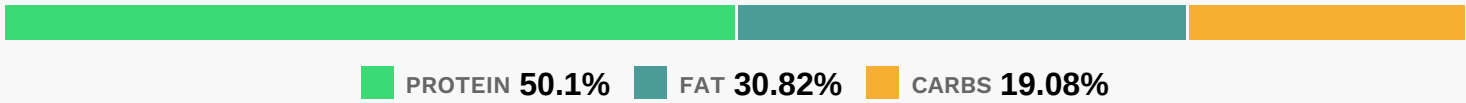
## Equipment

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Combine first 4 ingredients.
- ☐ Heat oil in a large nonstick skillet over low heat for 2 minutes.
- ☐ Cut the pork crosswise into 16 pieces.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Place pork in pan; cook 4 minutes on each side or until golden brown.
- ☐ Remove pork from pan. Stir in wine mixture, scraping to loosen browned bits. Increase heat to high; bring to a boil. Cook until reduced to 1/2 cup (about 3 minutes).
- ☐ Remove from heat. Stir in butter with a whisk.
- ☐ Serve sauce over pork.
- ☐ Garnish with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:2.87, Inflammation Score:-6, Nutrition Score:22.860869528159%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 344.21kcal (17.21%), Fat: 9.98g (15.36%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.79g (4.65%), Sugar: 9.02g (10.02%), Cholesterol: 118.09mg (39.36%), Sodium: 423.37mg (18.41%), Alcohol: 6.36g (100%), Alcohol %: 3.15% (100%), Protein: 36.51g (73.02%), Vitamin B1: 1.7mg (113.62%), Selenium: 53.12µg (75.88%), Vitamin B6: 1.36mg (67.93%), Vitamin B3: 11.52mg (57.58%), Phosphorus: 437.66mg (43.77%), Vitamin B2: 0.61mg (35.76%), Zinc: 3.32mg (22.11%), Potassium: 764.71mg (21.85%), Vitamin B5: 1.47mg (14.68%), Vitamin B12: 0.87µg (14.56%), Magnesium: 54.3mg (13.57%), Iron: 2.18mg (12.09%), Vitamin A: 448.82IU (8.98%), Copper: 0.17mg (8.47%), Vitamin K: 6.96µg (6.63%), Manganese: 0.13mg (6.47%), Vitamin E: 0.75mg (4.98%), Fiber: 1.11g (4.45%), Calcium: 26.16mg (2.62%), Vitamin D: 0.34µg (2.27%)