



Pork Medallions with Red Currant Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.3 cup currant jelly red
- ☐ 0.5 teaspoon salt

☐

0.3 teaspoon paprika smoked

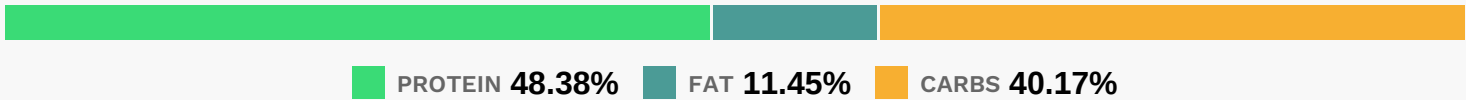
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Cut pork crosswise into 8 (1-inch-thick) pieces.
- ☐ Place each piece between 2 pieces of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Rub pork with spice mixture.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan, and cook for 3 minutes on each side.
- ☐ Remove pork from pan; keep warm.
- ☐ Add jelly to pan; cook 30 seconds, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in vinegar.
- ☐ Serve sauce with pork; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:10.63, Inflammation Score:-3, Nutrition Score:15.603478400604%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 206.06kcal (10.3%), Fat: 2.52g (3.88%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 19.43g (7.06%), Sugar: 13.83g (15.37%), Cholesterol: 73.71mg (24.57%), Sodium: 360.63mg (15.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.89%), Vitamin B1: 1.14mg (75.91%), Selenium: 35.54µg (50.77%), Vitamin B6: 0.89mg (44.63%), Vitamin B3: 7.62mg (38.1%), Phosphorus: 287.99mg (28.8%), Vitamin B2: 0.41mg (24.31%), Zinc: 2.19mg (14.59%), Potassium: 491.75mg (14.05%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.58µg (9.64%), Magnesium: 33.58mg (8.4%), Iron: 1.49mg (8.27%), Copper: 0.14mg (6.84%), Vitamin K: 5.65µg (5.38%), Vitamin C: 3.43mg (4.16%), Manganese: 0.08mg (4.13%), Vitamin A: 132.32IU (2.65%), Vitamin E: 0.33mg (2.22%), Fiber: 0.46g (1.83%), Calcium: 16.71mg (1.67%), Vitamin D: 0.23µg (1.51%), Folate: 5.12µg (1.28%)