



Pork Medallions with Spicy Pomegranate-Blueberry Reduction



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup pomegranate-blueberry juice concentrate frozen undiluted (such as Old Orchard)
- ☐ 1.5 teaspoons chipotle sauce canned minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound pork tenderloin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

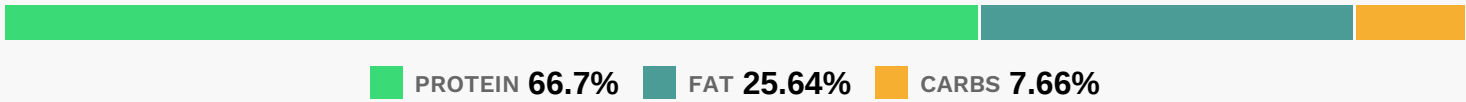
Equipment

- ☐ frying pan
- ☐ meat tenderizer

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. While pan heats, pound pork slices slightly with the heel of your hand or a meat mallet; sprinkle with garlic powder, salt, and pepper. Coat pork with cooking spray.
- ☐ Cook pork 3 minutes on each side or until desired degree of doneness (do not overcook).
- ☐ Remove pork from pan; place on a serving platter.
- ☐ Add 1/4 cup water to pan, scraping pan to loosen browned bits. Stir in juice concentrate and chipotle chiles. Reduce heat to medium; simmer 3 to 4 minutes or until slightly syrupy.
- ☐ Return pork and juices to pan, turning pork to coat.
- ☐ Serve pork with sauce.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:14.866521900034%

Nutrients (% of daily need)

Calories: 147.13kcal (7.36%), Fat: 4.01g (6.17%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.46g (0.89%), Sugar: 2.21g (2.46%), Cholesterol: 73.71mg (24.57%), Sodium: 210.73mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.92%), Vitamin B1: 1.11mg (74.3%), Selenium: 34.41µg (49.16%), Vitamin B6: 0.87mg (43.55%), Vitamin B3: 7.5mg (37.49%), Phosphorus: 276.53mg (27.65%), Vitamin B2: 0.38mg (22.51%), Zinc: 2.13mg (14.2%), Potassium: 468.9mg (13.4%), Vitamin B12: 0.59µg (9.83%), Vitamin C: 8.03mg (9.73%), Vitamin B5: 0.95mg (9.52%), Magnesium: 31.13mg (7.78%), Iron: 1.33mg (7.38%), Copper: 0.11mg (5.3%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.34µg (2.27%), Manganese: 0.03mg (1.7%)