



Pork Medallions with Whisky-Cumberland Sauce and Haricots Verts

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 teaspoon ground ginger
- ☐ 16 ounce microwave-in-a-bag haricots verts fresh
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange juice fresh
- ☐ 2 tablespoons currant jelly red
- ☐ 2 tablespoons scotch whisky
- ☐ 2 tablespoons shallots finely chopped

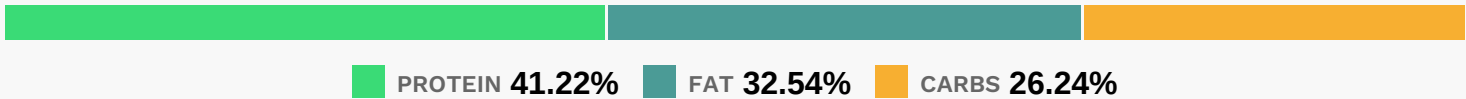
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Combine first 7 ingredients in a microwave-safe bowl. Microwave at HIGH 1 minute or until thoroughly heated; set mixture aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of pork.
- ☐ Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add whisky mixture to pan; bring to a boil. Cook until reduced to 1/4 cup (about 1 minute).
- ☐ Cook haricots verts according to package directions.
- ☐ Combine haricots verts, butter, remaining 3/8 teaspoon salt, and remaining 1/4 teaspoon pepper in a medium bowl; toss well to coat.
- ☐ Place 3 pork medallions and 4 ounces haricots verts on each of 4 plates; top pork with 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:6.42, Inflammation Score:-7, Nutrition Score:23.554782711941%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 270kcal (13.5%), Fat: 9.18g (14.13%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 13.2g (4.8%), Sugar: 9.42g (10.47%), Cholesterol: 81.23mg (27.08%), Sodium: 456.83mg (19.86%), Alcohol: 2.7g (100%), Alcohol %: 1.29% (100%), Protein: 26.17g (52.34%), Vitamin B1: 1.24mg (82.48%), Vitamin B6: 1.07mg (53.31%), Selenium: 36.51µg (52.16%), Vitamin K: 51.58µg (49.12%), Vitamin B3: 8.48mg (42.39%), Phosphorus: 332.85mg (33.28%), Vitamin B2: 0.52mg (30.52%), Vitamin C: 18.71mg (22.68%), Potassium: 736.33mg (21.04%), Manganese: 0.36mg (18.14%), Vitamin A: 880.32IU (17.61%), Zinc: 2.47mg (16.49%), Magnesium: 62.81mg (15.7%), Iron: 2.5mg (13.87%), Fiber: 3.46g (13.85%), Vitamin B5: 1.25mg (12.54%), Folate: 42.82µg (10.7%), Copper: 0.2mg (10.2%), Vitamin B12: 0.58µg (9.74%), Vitamin E: 1.34mg (8.91%), Calcium: 55.18mg (5.52%), Vitamin D: 0.23µg (1.51%)