



Pork Scaloppine with Plum-Port Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 1 clove garlic peeled chopped
- ☐ 2 pork tenderloins fat trimmed
- ☐ 1 tablespoons olive oil
- ☐ 1 cup port
- ☐ 0.8 pound purple-skinned plums
- ☐ 3 tablespoons red wine vinegar

- ☐ 8 servings salt and cracked pepper black
- ☐ 2 tablespoons shallots chopped
- ☐ 1 tablespoon sugar

Equipment

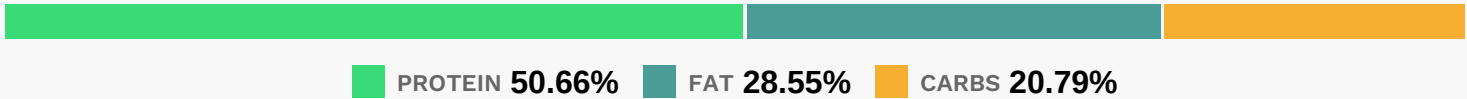
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ Rinse plums, cut in half, and pit.
- ☐ Cut about 1 cup thin slices, cover, and set aside up to 6 hours.
- ☐ Cut remaining fruit into chunks and drop into a blender or food processor; whirl until pured.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, boil plum pure, shallots, garlic, sugar, vinegar, port, and broth, stirring often until reduced to 1 1/2 cups, about 10 minutes.
- ☐ Pour into a bowl; cover and let stand at room temperature up to 6 hours. Rinse and dry pan.
- ☐ Meanwhile, rinse pork, pat dry, and cut across the grain into 3/4-inch-thick slices. A few slices at a time, place meat between sheets of plastic wrap and, with a flat mallet, pound firmly but gently to an even 1/4 inch thick.
- ☐ Roll meat in plastic wrap, put in a plastic bag, seal, and chill up to 6 hours.
- ☐ In the frying pan over high heat, combine 1 tablespoon oil and the butter. When butter is sizzling, peel plastic wrap from meat and fill pan with 1 layer of pork. As pieces shrink, add more meat. Cook, turning to brown on each side, until no longer pink in center (cut to test), about 5 minutes per batch.

- ☐
- Add more oil as needed. As scaloppine is cooked, transfer to a platter and keep warm in a200 oven.
- ☐
- Pour port-plum sauce into frying pan and stir over high heat until boiling; pour into a small bowl.
- ☐
- Garnish scaloppine with reserved plum slices. Ladle plum sauce over portions; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.09, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:17.730434871238%

Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg 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: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 249.01kcal (12.45%), Fat: 6.75g (10.38%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.37g (3.77%), Sugar: 8.27g (9.19%), Cholesterol: 81.9mg (27.3%), Sodium: 346.91mg (15.08%), Alcohol: 4.59g (100%), Alcohol %: 2.56% (100%), Protein: 26.94g (53.89%), Vitamin B1: 1.28mg (85.22%), Selenium: 39.36µg (56.23%), Vitamin B6: 1.01mg (50.34%), Vitamin B3: 8.75mg (43.75%), Phosphorus: 325.41mg (32.54%), Vitamin B2: 0.45mg (26.62%), Potassium: 614.6mg (17.56%), Zinc: 2.46mg (16.43%), Vitamin B5: 1.16mg (11.62%), Vitamin B12: 0.67µg (11.23%), Magnesium: 40.77mg (10.19%), Iron: 1.47mg (8.18%), Copper: 0.16mg (7.9%), Vitamin C: 4.39mg (5.32%), Vitamin E: 0.72mg (4.82%), Vitamin A: 240.74IU (4.81%), Manganese: 0.09mg (4.75%), Vitamin K: 3.8µg (3.62%), Fiber: 0.68g (2.73%), Vitamin D: 0.25µg (1.68%), Calcium: 14.7mg (1.47%)