

Pork Scaloppini with Mustard Creme

READY IN



25 min.

SERVINGS



2

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 cup chicken broth
- 0.3 cup vermouth dry
- 1 tablespoon flour all-purpose
- 1 teaspoon ground allspice
- 0.5 cup heavy cream
- 1 tablespoon dijon honey mustard
- 1 tablespoon juice of lime fresh
- 0.5 pound pork tenderloin cut into 1/4-inch-thick slices

1 tablespoon mustard yellow prepared

Equipment

frying pan

Directions

Dredge the pork tenderloin slices in the flour, and shake off the excess. Melt butter in a large skillet over medium-high heat. Cook the tenderloin in the hot butter until golden brown on both sides and no longer pink in the center, about 5 minutes.

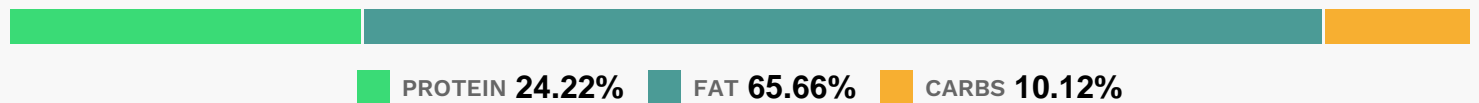
Remove to a platter and keep warm.

Pour the vermouth into the skillet, and bring to a simmer; cook for 1 minute.

Add the chicken broth and lime juice. Cook and stir until reduced by about half. Stir in the cream, yellow mustard, honey mustard, and allspice.

Pour the sauce over the pork to serve.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:18.555652151937%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 460.65kcal (23.03%), Fat: 31.62g (48.65%), Saturated Fat: 18.68g (116.74%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.3g (3.75%), Sugar: 3.65g (4.06%), Cholesterol: 156.78mg (52.26%), Sodium: 386.35mg (16.8%), Alcohol: 3.8g (100%), Alcohol %: 1.68% (100%), Protein: 26.24g (52.49%), Vitamin B1: 1.18mg (78.7%), Selenium: 40.23µg (57.47%), Vitamin B6: 0.9mg (45.02%), Vitamin B3: 7.93mg (39.63%), Phosphorus: 327.64mg (32.76%), Vitamin B2: 0.54mg (32.04%), Vitamin A: 1067.11IU (21.34%), Zinc: 2.39mg (15.92%), Potassium: 545.39mg (15.58%), Vitamin B12: 0.7µg (11.74%), Vitamin B5: 1.16mg (11.6%), Magnesium: 41.69mg (10.42%), Iron: 1.56mg (8.66%), Vitamin D: 1.29µg (8.61%), Vitamin E: 1.02mg (6.8%), Copper: 0.13mg (6.59%), Calcium: 62.27mg (6.23%), Manganese: 0.12mg (6.11%), Vitamin C: 3.03mg (3.67%), Folate: 11.09µg (2.77%), Fiber: 0.67g (2.68%),

Vitamin K: 2.56µg (2.44%)