



Pork Tenderloin Diane

 Gluten Free  Popular  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 tablespoon juice of lemon
- 2 teaspoons lemon pepper
- 1 teaspoon mustard dijon-style
- 1 tablespoon parsley minced
- 1 pork tenderloin whole cut into 8 crosswise pieces
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- plastic wrap

Directions

- Place each piece of tenderloin between 2 pieces of plastic wrap. Flatten slightly with heel of hand.
- Sprinkle surfaces of pork with lemon pepper.
- Heat butter in heavy nonstick skillet; brown pork evenly, about 3–4 minutes on each side.
- Remove to serving platter, keep warm.
- Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through.
- Pour sauce over medallions, sprinkle with parsley and serve.

Nutrition Facts

PROTEIN 67.86% **FAT 30.8%** **CARBS 1.34%**

Properties

Glycemic Index:36.5, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:39.786521833876%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 577.03kcal (28.85%), Fat: 18.94g (29.14%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.55g (0.62%), Cholesterol: 302.3mg (100.77%), Sodium: 328.12mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.88g (187.75%), Vitamin B1: 4.46mg (297.45%), Selenium: 137.95µg (197.07%), Vitamin B6: 3.48mg (173.79%), Vitamin B3: 30.04mg (150.21%), Phosphorus: 1109.21mg (110.92%), Vitamin B2: 1.54mg (90.54%), Zinc: 8.52mg (56.83%), Potassium: 1841.66mg (52.62%), Vitamin B12: 2.36µg (39.4%), Vitamin B5: 3.83mg (38.26%), Magnesium: 126.1mg (31.53%), Iron: 4.81mg (26.7%), Copper: 0.43mg (21.42%), Vitamin K: 18.34µg (17.47%), Manganese: 0.2mg (9.91%), Vitamin D: 1.36µg (9.07%), Vitamin E:

1.11mg (7.4%), Vitamin C: 3.34mg (4.05%), Calcium: 39.42mg (3.94%), Vitamin A: 190.71IU (3.81%), Fiber: 0.35g (1.4%)