



Pork Tenderloin Medallions and Balsamic Reduction

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



233 kcal

SAUCE

Ingredients

- 1 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 1 teaspoon rosemary fresh chopped
- 1 garlic clove minced
- 1 tablespoon olive oil
- 1 pound pork tenderloin cut into 12 slices

- 0.5 teaspoon salt
- 1 tablespoon shallots minced
- 1.5 teaspoons sugar

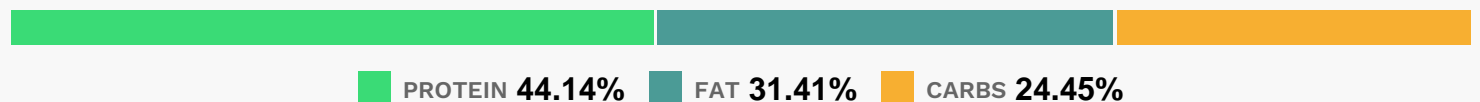
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a small saucepan over medium-high heat.
- Add shallots and garlic; saut 2 minutes.
- Add vinegar and next 3 ingredients; cook until reduced to 1/2 cup.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle pork with salt and pepper.
- Place pork in pan; cook 2 minutes on each side.
- Add balsamic reduction; cook 1 minute, turning pork to coat.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:6.68, Inflammation Score:-2, Nutrition Score:15.464347737639%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.23kcal (11.66%), Fat: 7.57g (11.64%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 13.03g (4.74%), Sugar: 11.25g (12.5%), Cholesterol: 73.71mg (24.57%), Sodium: 378.63mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.84%), Vitamin B1: 1.12mg (74.61%), Selenium: 34.94µg (49.92%), Vitamin B6: 0.89mg (44.35%), Vitamin B3: 7.52mg (37.58%), Phosphorus: 292.08mg (29.21%), Vitamin

B2: 0.39mg (22.65%), Potassium: 533.9mg (15.25%), Zinc: 2.2mg (14.68%), Magnesium: 40.04mg (10.01%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.68%), Iron: 1.67mg (9.28%), Manganese: 0.16mg (7.87%), Copper: 0.13mg (6.33%), Vitamin E: 0.76mg (5.08%), Calcium: 28.5mg (2.85%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.34µg (2.27%)