



Pork Tenderloin Medallions with Chinese Ginger and Lemon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

Equipment

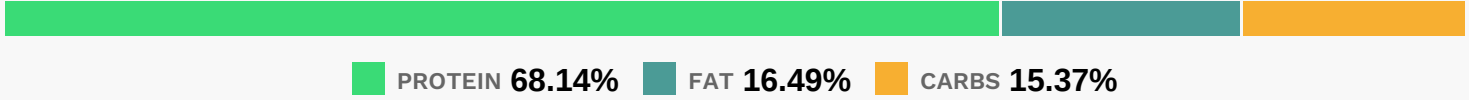
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 3 ingredients, and rub evenly over pork.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan, and cook 1 1/2 minutes on each side or until lightly browned.
- ☐ Remove pork from pan, and set aside.
- ☐ Reduce heat to medium.
- ☐ Add 2 tablespoons onions, ginger, and garlic to pan; cook 2 minutes or until fragrant, stirring constantly.
- ☐ Combine sherry and next 5 ingredients (through soy sauce) in a small bowl.
- ☐ Add sherry mixture to pan; bring to a boil, scraping pan to loosen browned bits.
- ☐ Add pork to pan; cook 3 minutes or until pork is done.
- ☐ Remove pork from pan using a slotted spoon, reserving liquid in pan.
- ☐ Combine water and cornstarch in a small bowl, stirring with a whisk.

- ☐ Add cornstarch mixture to pan, and bring to a boil. Cook 30 seconds or until slightly thickened.
- ☐ Serve over pork.
- ☐ Sprinkle with 1/4 cup green onions.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:17.000869538473%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 158.76kcal (7.94%), Fat: 2.65g (4.07%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.01g (1.82%), Sugar: 2.68g (2.98%), Cholesterol: 73.71mg (24.57%), Sodium: 556.65mg (24.2%), Alcohol: 1.54g (100%), Alcohol %: 1.08% (100%), Protein: 24.62g (49.24%), Vitamin B1: 1.15mg (76.47%), Selenium: 35.54µg (50.77%), Vitamin B6: 0.93mg (46.28%), Vitamin B3: 7.82mg (39.1%), Phosphorus: 299.86mg (29.99%), Vitamin B2: 0.42mg (24.44%), Vitamin K: 19.63µg (18.7%), Potassium: 542.89mg (15.51%), Zinc: 2.29mg (15.23%), Vitamin B5: 1.04mg (10.37%), Vitamin B12: 0.61µg (10.11%), Magnesium: 40.11mg (10.03%), Iron: 1.63mg (9.04%), Vitamin C: 7.16mg (8.68%), Copper: 0.13mg (6.7%), Manganese: 0.13mg (6.57%), Folate: 10.61µg (2.65%), Calcium: 24.84mg (2.48%), Vitamin E: 0.34mg (2.28%), Fiber: 0.55g (2.19%), Vitamin A: 96.14IU (1.92%), Vitamin D: 0.23µg (1.51%)