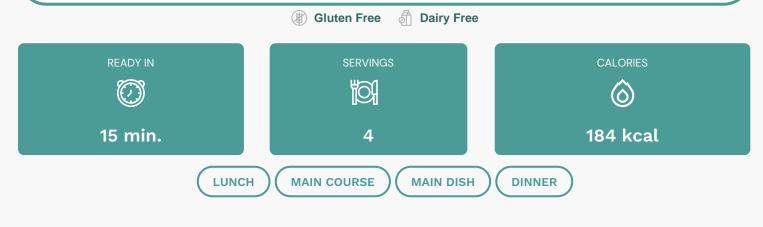


# **Pork with Mushroom Gravy**



## Ingredients

1 lb pork tenderloin
O.5 teaspoon salt
O.5 teaspoon pepper freshly ground
3 cloves garlic finely chopped
1 teaspoon olive oil
8 oz portabello mushrooms fresh sliced
O.3 cup shallots chopped (4)
2 teaspoons cornstarch

	1 cup beef broth (from 32-oz carton)	
	1 tablespoon beef broth dry	
Equipment		
	bowl	
	frying pan	
	whisk	
Dir	rections	
	Cut pork diagonally into thin slices.	
	Sprinkle pork with salt and pepper; rub with garlic. Spray 12-inch skillet with cooking spray; heat oil in skillet over medium-high heat.	
	Add pork; cook 2 to 4 minutes, turning once, until no longer pink in center.	
	Remove pork from skillet to platter; cover to keep warm.	
	Respray skillet with cooking spray.	
	Add mushrooms and shallots; cook 5 minutes, stirring often.	
	Meanwhile, place cornstarch in small bowl. Gradually stir in broth and sherry with whisk until smooth. Stir broth mixture into mushroom mixture, scraping to loosen brown particles from bottom of skillet.	
	Heat to boiling; cook 1 minute, stirring constantly, until thickened.	
	Return pork and accumulated juices to pan; cook 1 to 2 minutes or until thoroughly heated.	
Nutrition Facts		
	PROTEIN 57.2% FAT 26.63% CARBS 16.17%	
Properties		

Glycemic Index:23, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:19.436522057523%

### **Flavonoids**

Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg Myricetin: O.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg,

Quercetin: 0.04mg

## **Nutrients** (% of daily need)

Calories: 183.84kcal (9.19%), Fat: 5.38g (8.28%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.86g (2.13%), Sugar: 2.99g (3.33%), Cholesterol: 73.71mg (24.57%), Sodium: 594.61mg (25.85%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 26g (52.01%), Vitamin B1: 1.16mg (77.66%), Selenium: 45.95µg (65.64%), Vitamin B3: 10.6mg (52.99%), Vitamin B6: 1.05mg (52.72%), Phosphorus: 360.87mg (36.09%), Vitamin B2: 0.48mg (28.01%), Potassium: 764.73mg (21.85%), Zinc: 2.53mg (16.87%), Vitamin B5: 1.68mg (16.82%), Copper: 0.29mg (14.56%), Vitamin B12: 0.66µg (11.04%), Manganese: 0.19mg (9.49%), Iron: 1.7mg (9.42%), Magnesium: 37.06mg (9.26%), Folate: 23.96µg (5.99%), Fiber: 1.49g (5.95%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.42mg (2.78%), Vitamin C: 2.28mg (2.76%), Calcium: 25.01mg (2.5%), Vitamin K: 1.21µg (1.15%)