



Pork with Mushroom Gravy

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pork tenderloin
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 3 cloves garlic finely chopped
- 1 teaspoon olive oil
- 8 oz portabello mushrooms fresh sliced
- 0.3 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

Directions

- 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



Properties

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

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, 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: 0g (100%), Alcohol %: 0% (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%)