



Roasted Pork Tenderloin Medallions with Dried Cranberry Sauce



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cranberries dried
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon grape jelly
- ☐ 1 pound pork tenderloin trimmed

☐ 0.8 teaspoon salt

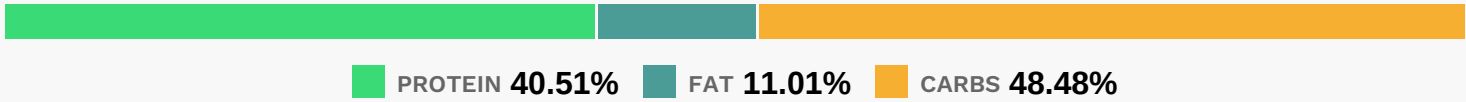
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ To prepare pork, combine first 4 ingredients; rub evenly over pork.
- ☐ Heat a large ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 4 minutes on each side or until browned.
- ☐ Place pan in oven; cook pork at 400 for 12 minutes or until a meat thermometer registers 160 (slightly pink).
- ☐ Place pork on a cutting board; keep warm.
- ☐ To prepare sauce, add the chicken broth, dried cranberries, and juice to pan; bring to a boil, scraping pan to loosen browned bits. Stir in jelly; cook 8 minutes or until mixture is slightly thick, stirring occasionally.
- ☐ Cut the pork into (1/2-inch) slices.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:16.380869537592%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 234.5kcal (11.73%), Fat: 2.92g (4.49%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.12g (9.86%), Sugar: 24.52g (27.24%), Cholesterol: 73.71mg (24.57%), Sodium: 731.54mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.37%), Vitamin B1: 1.14mg (76.14%), Selenium: 36.48µg (52.12%), Vitamin B6: 0.9mg (45.22%), Vitamin B3: 8.08mg (40.4%), Phosphorus: 290.63mg (29.06%), Vitamin B2: 0.41mg (24.33%), Zinc: 2.21mg (14.72%), Potassium: 493.9mg (14.11%), Vitamin B12: 0.69µg (11.53%), Vitamin B5: 1.1mg (10.98%), Iron: 1.68mg (9.32%), Magnesium: 33.69mg (8.42%), Manganese: 0.16mg (7.95%), Fiber: 1.83g (7.31%), Copper: 0.14mg (7.15%), Vitamin K: 7.43µg (7.07%), Vitamin E: 0.92mg (6.1%), Calcium: 18.18mg (1.82%), Vitamin D: 0.23µg (1.51%)