



## Saucy Pork Medallions

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 tsp oil
- 3 cups peas frozen
- 1.5 lb pork tenderloin cut into 3/4-inch-thick slices
- 6 oz stove top stuffing mix for chicken
- 10 oz heinz homestyle roasted turkey gravy canned

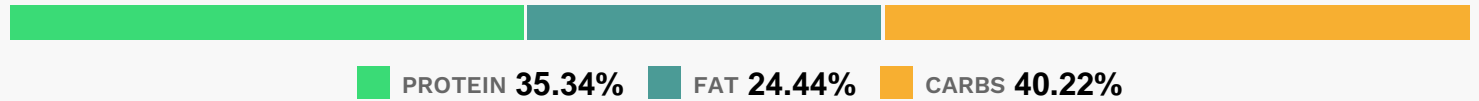
## Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add meat; cook 5 min. or until each piece is browned on both sides, turning after 3 min.
- Mix gravy and dressing until blended; pour over meat.
- Add peas; bring to boil. Meanwhile, prepare stuffing as directed on package.
- Spoon stuffing over ingredients around edge of skillet; cover. Simmer on medium-low heat 8 min. or until stuffing is heated through and meat is done (145F).
- Remove from heat.
- Let stand 3 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.39, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:26.681304226751%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 360.84kcal (18.04%), Fat: 9.62g (14.8%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 30.59g (11.12%), Sugar: 8.31g (9.23%), Cholesterol: 73.99mg (24.66%), Sodium: 774.54mg (33.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.61%), Vitamin B1: 1.48mg (98.49%), Selenium: 49.47µg (70.67%), Vitamin B3: 10.66mg (53.29%), Vitamin B6: 1.04mg (51.97%), Phosphorus: 395.3mg (39.53%), Vitamin C: 29.04mg (35.2%), Vitamin B2: 0.59mg (34.85%), Manganese: 0.48mg (24.23%), Folate: 94.75µg (23.69%), Vitamin K: 24.84µg (23.66%), Zinc: 3.29mg (21.93%), Fiber: 5.04g (20.16%), Potassium: 700.52mg (20.01%), Iron: 3.27mg (18.17%), Magnesium: 66.37mg (16.59%), Copper: 0.3mg (14.89%), Vitamin B5: 1.14mg (11.37%), Vitamin A: 560.98IU (11.22%), Vitamin B12: 0.6µg (9.92%), Vitamin E: 0.93mg (6.19%), Calcium: 53.7mg (5.37%), Vitamin D: 0.34µg (2.27%)