



Seared Pork Tenderloin Medallions with Shallot-Mushroom Pan Gravy



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby bella mushrooms sliced
- ☐ 1 cup beef stock (such as Swanson)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon cooking sherry dry
- ☐ 3 garlic cloves minced
- ☐ 1 pound pork tenderloin trimmed

- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped (4)

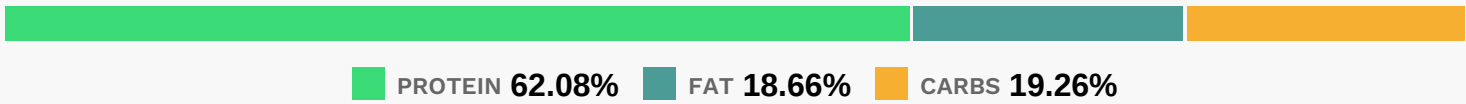
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut pork diagonally into thin slices.
- ☐ Sprinkle pork with salt and pepper; rub with garlic.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; add oil.
- ☐ Add pork; cook 1 to 2 minutes on each side or until done.
- ☐ Transfer pork to a platter; keep warm.
- ☐ Recoat skillet with cooking spray.
- ☐ Add mushrooms and shallots; cook, stirring often, 5 minutes.
- ☐ While mushroom mixture cooks, place cornstarch in a small bowl. Gradually add stock and sherry, stirring with a whisk until smooth. Stir stock mixture into mushroom mixture, scraping to loosen browned bits. Bring to a boil; cook, stirring constantly with a whisk, 1 minute or until thickened. Return pork and accumulated juices to pan; cook 1 to 2 minutes or until thoroughly heated.
- ☐ Serve with: Balsamic-Glazed Green Beans

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:21.433043362816%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 177.78kcal (8.89%), Fat: 3.61g (5.56%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.91g (3.23%), Cholesterol: 73.71mg (24.57%), Sodium: 476.08mg (20.7%), Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Protein: 27.02g (54.05%), Vitamin B1: 1.22mg (81.48%), Selenium: 50.99µg (72.84%), Vitamin B6: 1.08mg (53.75%), Vitamin B3: 10.32mg (51.6%), Vitamin B2: 0.73mg (42.8%), Phosphorus: 383.2mg (38.32%), Potassium: 898.43mg (25.67%), Copper: 0.44mg (22.19%), Zinc: 2.98mg (19.88%), Vitamin B5: 1.89mg (18.86%), Manganese: 0.23mg (11.51%), Magnesium: 45.46mg (11.37%), Vitamin B12: 0.63µg (10.58%), Iron: 1.82mg (10.12%), Folate: 22.23µg (5.56%), Fiber: 1.09g (4.36%), Calcium: 33.7mg (3.37%), Vitamin E: 0.42mg (2.78%), Vitamin C: 2.28mg (2.76%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.28µg (1.22%)