



Sesame Sake Pork Medallions

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cornstarch
- ☐ 4 servings green onion minced garnish
- ☐ 1.5 pounds pork tenderloin
- ☐ 1 cup sake cooking wine holland house®
- ☐ 1 teaspoon sesame oil toasted

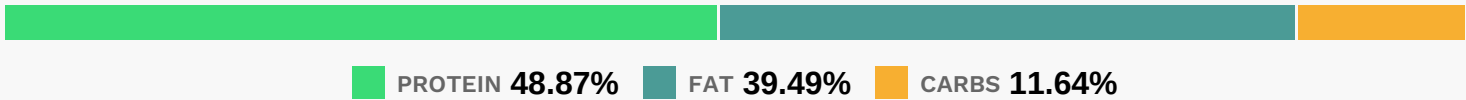
Equipment

☐ frying pan

Directions

- ☐ Combine sake cooking wine, sugar, sesame oil and cornstarch. Stir to dissolve cornstarch; set aside.
- ☐ Cut pork into 1/2-inch slices; season with salt and pepper to taste. Press half the sesame seeds onto one side of each medallion. Melt butter in 12-inch saute pan. Cook pork, seed side down, over medium-high heat until lightly browned, about 8 minutes. While cooking, press remaining sesame seeds onto tops of medallions. Turn over and continue to cook 4-6 minutes. Increase heat to high, add sauce and cook 2 minutes or until sauce bubbles and thickens slightly.
- ☐ Serve pork medallions drizzled with sake sauce.
- ☐ Sprinkle with any remaining sesame seeds and green onion.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:22.51217384442%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 339.57kcal (16.98%), Fat: 12.69g (19.53%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.26g (3%), Sugar: 6.44g (7.15%), Cholesterol: 125.61mg (41.87%), Sodium: 139.15mg (6.05%), Alcohol: 6.24g (100%), Alcohol %: 3.16% (100%), Protein: 35.34g (70.69%), Vitamin B1: 1.68mg (111.8%), Selenium: 51.85µg (74.07%), Vitamin B6: 1.34mg (67%), Vitamin B3: 11.38mg (56.92%), Phosphorus: 429.54mg (42.95%), Vitamin B2: 0.59mg (34.95%), Zinc: 3.29mg (21.94%), Potassium: 754.12mg (21.55%), Vitamin B12: 0.9µg (14.94%), Vitamin B5: 1.47mg (14.66%), Magnesium: 54.42mg (13.61%), Vitamin K: 13.05µg (12.42%), Iron: 2.01mg (11.15%), Copper: 0.16mg (8.18%), Manganese: 0.11mg (5.6%), Vitamin A: 238.15IU (4.76%), Vitamin E: 0.58mg (3.89%), Vitamin D: 0.51µg (3.4%), Calcium: 26mg (2.6%), Vitamin C: 1.13mg (1.37%), Folate: 4.71µg (1.18%)