



## Teriyaki Pork Medallions

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



16 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 teaspoons brown sugar
- 1 teaspoon sesame oil dark
- 2 tablespoons soya sauce low-sodium
- 6 tablespoons mirin sweet (rice wine)
- 1 pound pork tenderloin
- 4 servings pineapple salsa

## Equipment

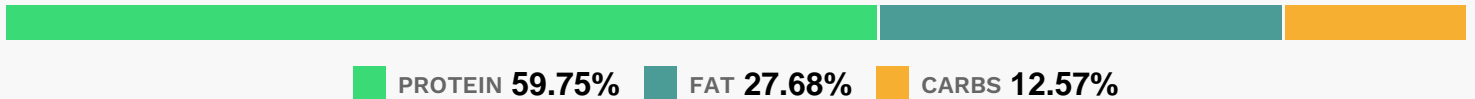
- frying pan

- whisk
- plastic wrap
- meat tenderizer

## Directions

- Combine first 4 ingredients, stirring with a whisk.
- Cut pork crosswise into 8 pieces.
- Place pork pieces between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Heat a large nonstick skillet over medium-high heat. Coat pork generously with cooking spray; add to pan. Cook 3 minutes on each side or until done.
- Remove pork from pan; place on a serving platter.
- Add mirin mixture to pan. Cook 2 minutes or until mixture thickens slightly.
- Return pork and accumulated juices to pan. Cook 2 minutes, turning pork to coat.
- Serve pork with sauce and Pineapple Salsa.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.842173664466%

## Nutrients (% of daily need)

Calories: 194.61kcal (9.73%), Fat: 5.09g (7.83%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.71g (3.02%), Cholesterol: 73.71mg (24.57%), Sodium: 557.76mg (24.25%), Alcohol: 3.62g (100%), Alcohol %: 2.57% (100%), Protein: 24.72g (49.43%), Vitamin B1: 1.13mg (75.2%), Selenium: 35.02µg (50.03%), Vitamin B6: 0.94mg (46.86%), Vitamin B3: 7.95mg (39.73%), Phosphorus: 300.49mg (30.05%), Vitamin B2: 0.41mg (24.21%), Potassium: 563.99mg (16.11%), Zinc: 2.25mg (15.02%), Magnesium: 42.42mg (10.61%), Vitamin B5: 1.04mg (10.41%), Vitamin B12: 0.59µg (9.83%), Iron: 1.38mg (7.64%), Copper: 0.13mg (6.42%), Vitamin E: 0.69mg (4.58%), Manganese: 0.09mg (4.35%), Vitamin A: 155.87IU (3.12%), Fiber: 0.63g (2.53%), Vitamin D: 0.34µg (2.27%), Calcium: 20.53mg (2.05%), Vitamin K: 1.48µg (1.41%), Folate: 4.82µg (1.2%)