



Heart & Home
Wellness Table Series



Ronald McDonald
House Charities®
Central Ohio

Supported by

JPMorganChase

Glazed Pork Tenderloin Medallions

A tender, flavorful pork dish glazed with sweet fruit preserves for a quick and satisfying meal.

Serving Size: 1 medallion | Servings: 4



NUTRITION NOTES

- Naturally tender and lean, **pork tenderloin** provides a high-quality source of protein with essential nutrients like B vitamins and zinc to support muscle health and energy.
- Bright and zesty, **lemon pepper** adds a burst of citrus and spice that enhances flavor without extra sodium or fat.
- Light and versatile, **vegetable cooking spray** helps achieve a golden sear while keeping the dish low in fat and calories.
- Sweet and aromatic, **fruit preserves or spring onion jelly** create a flavorful glaze that balances the savory pork with a touch of natural sweetness.

Glazed Pork Tenderloin Medallions

INGREDIENTS

- 1 pound pork tenderloin, trimmed of excess fat
- 1 teaspoon salt-free lemon pepper
- Vegetable cooking spray
- ½ cup spring onion jelly, or apricot or orange marmalade
- 1 tablespoon mirin (sweet rice wine)

INSTRUCTIONS

1. Slice pork into four pieces and season with lemon pepper.
2. Coat a large nonstick skillet with cooking spray; heat over medium-high heat.
3. Add pork and cook 4 minutes on each side, take temperature reading at the thickest part in the geometric center. Must reach 145 degrees F (the meat will be slightly pink).
4. Add jelly or preserves and mirin to the skillet; stir to make a glaze, about 1 minute. Spoon the glaze over the pork.

Nutrition Profile: High-Protein | Low-Fat | Moderate-Sodium | Iron-Rich | Naturally Sweetened

NUTRITION FACTS *(per serving)*

Serving Size: 1 medallion | Servings Per Recipe: 4 | Calories: 200

- ChatGPT said:4g Total Fat
- 1.5g Saturated Fat
- 75mg Cholesterol
- 170mg Sodium
- 13g Total Carbohydrate
- 0g Dietary Fiber
- 24g Protein

**Nutrition information provided directly by Eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*