



## **Maple-Chili Glazed Pork Medallions**

*Pork medallions are quick and easy to prepare, and are particularly tasty with a maple-chili glaze.*

- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground chipotle pepper
- 1 pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
- 2 teaspoons canola oil
- 1/4 cup apple cider
- 1 tablespoon maple syrup
- 1 teaspoon cider vinegar

Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.

Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

### **Nutritional Analysis**

Calories	1167
Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	74 mg
Sodium	363 mg
Carbohydrates	6 g
Fiber	0 g
Sugar	0 g
Protein	24 g
Calcium	0 g
Potassium	478 mg

### **Diabetic Exchanges:**

1/2 other carbohydrates, 3 lean meat