

Pork with Mushroom and Brie Sauce over Mashed Potatoes

Publix Aprons
www.publix.com/aprons

Servings: 4

7 - 8 ounces Brie cheese
2 tablespoons fresh Italian parsley, finely chopped
1 (one pound) pork tenderloin
1 tablespoon Montreal steak seasoning
4 tablespoons unsalted butter, divided
8 ounces pre-sliced baby portabellas
2 teaspoons garlic, chopped
1 teaspoon dried thyme
1 package (24 ounce) refrigerated mashed potatoes
1/4 cup vegetable or chicken broth

Cut the rind from the Brie. Cut into chunks (about one cup).

Cut the pork into one-inch medallions. Coat with seasoning. (Wash your hands.)

Preheat a large nonstick saute' pan on medium-high for 1 to 2 minutes. Melt two tablespoons of butter in the pan until frothy. Add the pork. Cook for 2 to 3 minutes on each side until browned. Remove the pork from the pan.

Place the remaining two tablespoons of butter, the mushrooms, garlic and thyme in the same pan. Cook for 3 to 4 minutes, stirring occasionally, or until the mushrooms are tender.

Microwave the potatoes according to package directions.

Reduce the heat to medium-low. Stir in the broth and pork medallions. Simmer for 3 to 4 minutes, stirring occasionally, until the sauce has thickened and the pork is 145 degrees.

Remove the pan from the heat. Stir in the Brie until melted.

Serve the pork with the mushroom sauce over mashed potatoes.

Sprinkle with parsley.

Per Serving (excluding unknown items): 201 Calories; 14g Fat (62.9% calories from fat); 13g Protein; 6g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 84mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	201	Vitamin B6 (mg):	.3mg
% Calories from Fat:	62.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	11.1%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	25.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	7mcg
Saturated Fat (g):	8g	Niacin (mg):	3mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	68mg	% Daily Value:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	trace		
Protein (g):	13g		
Sodium (mg):	84mg		
Potassium (mg):	230mg		
Calcium (mg):	18mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	548IU		
Vitamin A (r.e.):	119RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 201 Calories from Fat: 126

		% Daily Values*
Total Fat	14g	21%
Saturated Fat	8g	39%
Cholesterol	68mg	23%
Sodium	84mg	3%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	2%
Protein	13g	
Vitamin A		11%
Vitamin C		6%
Calcium		2%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.