

# Pork Loin Steaks in Creamy Shallot and Mushrooms Sauce

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/steak-and-mushroom-tortellini-alfredo-recipes>

## Ingredients:

- 4 steaks pork loin
- 1 tablespoon olive oil
- 2 shallots chopped
- 3 mushrooms large field, or portobello mushrooms chopped
- 2 rosemary sprigs chopped
- cognac a splash of, or brandy optional
- 1/4 cup pork stock, or chicken
- 1 tablespoon whole grain mustard
- 200 grams creme fraiche or heavy cream
- salt
- pepper

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 7 grams
8. Sodium: 290 milligrams
9. Sugar: 2 grams

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