

# Portuguese Pork with Red Peppers

Yield: 8 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-tenderloin-portuguese-recipe>

## Ingredients:

- 4 cloves garlic peeled
- 1 1/2 teaspoons coarse salt
- 2 tablespoons olive oil
- 1 tablespoon black peppercorns whole
- 2 pounds pork tenderloin cut into 1 inch medallions
- 2 red bell peppers julienned
- 1 cup white wine
- 2 lemons

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 510 milligrams
9. Sugar: 2 grams

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