

Honey Mustard Pork Chops

Yield: 4 servings

Serving Size: 1 pork chop

Ingredients

- 4 top loin pork chops
- 1/3 cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard

Instructions

1. Put the pork chops in the large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until chops are done.

Cost

Per serving: \$0.59

Nutrition Facts			
Serving Size 1 pork chop, 1/4 of recipe (115g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 100	
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 360mg			15%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 24g			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

