## **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

Nutri Serving Size recipe (115g	1 pork o	chop, 1/4		
Servings Pe	r Contair	ner		
Amount Per Ser	rving			
Calories 23	0 Calo	ries from	Fat 100	
		% D	aily Value	
Total Fat 11g			17%	
Saturated Fat 4g			20%	
Trans Fat	0g			
Cholesterol	229			
Sodium 360	159			
Total Carbo	29			
Dietary Fi	09			
Sugars 5g				
Protein 24g				
	,	) F1	0.00/	
Vitamin A 09	6 ·	Vitamin	C 0%	
Calcium 4%	•	Iron 4%		
*Percent Daily Vidiet. Your daily videpending on yo	alues may	be higher or		
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less Than Less Than Less Than Less Than	65g 1 20g 1 300mg	80g 25g 300 mg	