

## Pineapple Pork

Serving Size: 3 ounces

Yield: 4 servings

### Ingredients:

- 1 green pepper (medium, - cut into strips)
- 4 pork chops (boneless, about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon vegetable-oil
- 1 can pineapple chunks (8-ounce, - undrained)
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon

### Instructions:

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Sprinkle the salt on top.
4. Cook the pork for 5 minutes on low heat on each side.
5. The pork should lose its pink color when it's cooked enough.
6. Remove the cooked pork from the skillet. Place it in a serving dish.
7. Put the green pepper slices in the skillet.
8. Stir the in pineapple chunks with their juice.
9. Stir in the ginger and cinnamon.
10. Simmer for about 3-5 minutes.
11. Spoon the pineapple mixture over cooked pork..

### Cost:

Per Serving: \$.1.33

Nutrition Facts			
Serving Size 3 oz. prepared pork, 1/4 of recipe (172g)			
Servings Per Container			
Amount Per Serving			
Calories 270		Calories from Fat 130	
% Daily Value*			
Total Fat 14g		22%	
Saturated Fat 4.5g		23%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 140mg		6%	
Total Carbohydrate 9g		3%	
Dietary Fiber 1g		4%	
Sugars 8g			
Protein 24g			
Vitamin A 2%		Vitamin C 50%	
Calcium 4%		Iron 6%	
*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			