

Honey Mustard Pork Chops

Ingredients:

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

Equipment:

- Non stick skillet
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 15 minutes
 Total Time: 15 minutes

Directions

1. Heat non stick skillet over medium-high heat.
2. Add pork chops and brown on one side, about 5 minutes.
3. In separate bowl, mix together orange juice, low sodium soy sauce, and honey mustard.
4. Turn chops and pour dressing on top of chops in skillet. Stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes. Chops are done when the internal temperature reaches 145°F.

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Nutrition Facts

Serving Size: 1 chop			
Servings: 4			
Amount Per Serving		Calories from Fat 54	
Calories 147			
		%Daily Value*	
Total Fat 6g			9%
Saturated Fat 2g			9%
Cholesterol 47mg			16%
Sodium 291mg			12%
Total Carbohydrate 3g			1%
Dietary Fiber trace 1g			1%
Protein 20g			40%
Vitamin A 1%	Vitamin C 18%		
Iron 5%	Calcium 3%		

*Percent Daily Values are based on a 2,000 calorie diet.

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