

Pineapple Pork Chops

Ingredients:

- 2 teaspoons vegetable oil
- 4 each pork loin chops
- 8 ounces pineapple chunks in juice
- 1 tablespoon cornstarch
- 2/3 cup chili sauce
- 1/3 cup raisins
- 1 tablespoon brown sugar, packed
- 1/8 teaspoon ground cinnamon

Equipment:

- Non stick skillet with lid
- Measuring cups
- Measuring spoons
- Mixing bowl
- Spatula

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 25 minutes

Directions

1. Heat oil in skillet to medium.
2. Lightly brown pork loin chops on each side about two to three minutes each.
3. While pork is cooking, open pineapple pour juice into a bowl. Add cornstarch and stir well, until cornstarch is dissolved.
4. To the bowl with cornstarch, add pineapple, chili sauce, raisins, brown sugar and cinnamon.
5. Pour over pork chops, cover and simmer 15 minutes until the internal temperature is 145°F.

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Nutrition Facts

Serving Size: 1 chop plus sauce	
Servings: 4	
Amount Per Serving	
Calories 253	Calories from Fat 81
%Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	11%
Cholesterol 47mg	16%
Sodium 52mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Protein 20g	40%
Vitamin A 60%	Vitamin C 55%
Iron 6%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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