



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

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Amount Per Serving			
Calories 147 C		alories from Fat 54	
%Daily Value			/alue*
Total Fat 6g		9%	
Saturated Fat 2g			9%
Cholesterol 47		16%	
Sodium 291mg		12%	
Total Carbohyo		1%	
Dietary Fiber trace 1g			1%
Protein 20g			40%
Vitamin A 1	%	Vitamin C	18%
Iron 5	5%	Calcium	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

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