

BBQ Pork Chop Skillet

Rating: ★★★★★

Makes: 4 Servings

A small amount of oil is used to brown the chops in this recipe. Simmering in barbecue sauce completes the preparation that results in a yummy main dish.

Ingredients

- 4 Pork Loin Chops
- 1/2 cup barbecue sauce
- 2 tablespoons jalapeno jelly (optional)
- 1 teaspoon olive oil

Directions

1. Heat oil in large nonstick-coated skillet over medium-high heat. Brown chops, about 2 minutes on each side.
2. Add remaining ingredients to pan, stirring to blend. Cover and simmer for 5 to 8 minutes until internal temperature reaches 150 degrees Fahrenheit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	266	
Total Fat	12 g	
Protein	23 g	
Carbohydrates	16 g	
Dietary Fiber	NA	
Saturated Fat	4 g	
Sodium	475 mg	