

Honey Mustard Pork Chops

Rating: ★★★★★

Makes: 4 servings

Ingredients

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

Directions

1. Put the pork chops in the large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until chops are done.

Notes

Pork chops are done when they reach an internal temperature of 145 degrees.

2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	231	
Total Fat	10 g	15%
Protein	27 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	3 g	15%
Sodium	314 mg	13%

MyPlate Food Groups

Protein Foods	3 1/2 ounces
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