

# Honey Mustard Pork Chops



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 15 minutes

## INGREDIENTS

- 4 top loin pork chops
- 1/3 cup orange juice
- 1 tablespoon soy sauce, reduced sodium
- 2 tablespoons light honey mustard\*

## DIRECTIONS

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

\*Substitutions

2 tablespoons of honey mustard	—>	1 tablespoon of honey and 1 tablespoon of mustard mixed together
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## Nutrition Information

*Serving Size: 1 pork chop, 1/4 of recipe*

<b>Calories</b>	<b>238</b>
<b>Total fat</b>	<b>6 g</b>
Saturated Fat	2 g
Trans fat	0 g
<b>Cholesterol</b>	<b>88 mg</b>
<b>Sodium</b>	<b>280 mg</b>
<b>Carbohydrates</b>	<b>4 g</b>
Fiber	0 g
Sugars	3 g
<b>Protein</b>	<b>38 g</b>

Recipe sourced from: MyPlate.Gov

## Notes

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