

Peachy Mustard Pork Chops - recipe from TheOtherWhiteMeat.com

Times: 5 minutes prep, 10 minutes cook

Ingredients:

4 pork chops, 3/4-inch thick

1/4 cup peach preserves

1/3 cup honey mustard

2 tablespoon lemon juice

Cooking Directions:

Stir together preserves, mustard and lemon juice. Grill chops over a medium-hot fire, turning occasionally and basting with sauce, just until done, 8-10 minutes until internal temperature on a thermometer reads 160 degrees F. Discard any leftover basting sauce.



Serves 4

Nutrition:

Calories: 254 calories

Protein: 25 grams

Fat: 9 grams

Sodium: 180 milligrams

Cholesterol: 60 milligrams

Saturated Fat: 1 grams

Carbohydrates: 24 grams

