

Lemon Marmalade Chops - recipe from TheOtherWhiteMeat.com

Times: 5 minutes prep, 10 minutes cook

Ingredients:

4 boneless pork loin chops, about 3/4-inch thick

1 tablespoon lemon pepper

2 tablespoons cider vinegar

1/4 cup lemon marmalade

Cooking Directions:

Heat heavy skillet over medium-high heat. Brush chops with vegetable oil; sprinkle lemon pepper on both sides of chops. Brown on one side in hot skillet, about 4 minutes, turn and brown other side, about 4 minutes until internal temperature on a thermometer reads 160 degrees F. Remove chops from pan and keep warm. Carefully add vinegar to skillet, scraping up any brown bits. Stir in marinade. Return chops to skillet;



turning once to coat.

Serves 4

Nutrition:

Calories: 210 calories

Protein: 33 grams

Fat: 7 grams

Sodium: 350 milligrams

Cholesterol: 100 milligrams

Saturated Fat: 2 grams

Carbohydrates: 12 grams

