

# Pork Chops in Cider

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

6 pork loin chops, cut one-inch thick  
2 tablespoons butter or margarine  
3/4 cup cider vinegar  
1/2 cup water  
3 medium onions, chopped fine  
1/2 teaspoon dried sweet basil  
1/2 teaspoon dried sweet marjoram  
salt (to taste)  
pepper (to taste)  
paprika

Preheat the oven to 350 degrees.

In a heavy casserole, heat the butter. Brown the chops well on each side. (If your casserole is not large enough to cook all of the chops, cook them three at a time and arrange in two overlapping layers.)

Pour the cider and water over the chops. Spread the chopped onions over the top, pressing them into the spaces when possible.

Sprinkle with the basil, marjoram, salt, pepper and paprika. Cover.

Bake for 45 minutes to one hour.

(If you want a thicker sauce, drain off the liquid into a small saucepan. Thicken it to taste with flour-and-water paste. Pour back over the chops.)

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Per Serving (excluding unknown items): 187 Calories; 9g Fat (43.8% calories from fat); 20g Protein; 7g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 80mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	187	Vitamin B6 (mg):	.5mg
% Calories from Fat:	43.8%	Vitamin B12 (mcg):	.6mcg

% Calories from Carbohydrates: 14.0%  
 % Calories from Protein: 42.2%  
 Total Fat (g): 9g  
 Saturated Fat (g): 4g  
 Monounsaturated Fat (g): 3g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 58mg  
 Carbohydrate (g): 7g  
 Dietary Fiber (g): 1g  
 Protein (g): 20g  
 Sodium (mg): 80mg  
 Potassium (mg): 480mg  
 Calcium (mg): 32mg  
 Iron (mg): 1mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 4mg  
 Vitamin A (i.u.): 150IU  
 Vitamin A (r.e.): 37 1/2RE

Thiamin B1 (mg): .8mg  
 Riboflavin B2 (mg): .2mg  
 Folic Acid (mcg): 13mcg  
 Niacin (mg): 5mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 2 1/2  
 Vegetable: 1  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 187      Calories from Fat: 82

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	4g	21%
<b>Cholesterol</b>	58mg	19%
<b>Sodium</b>	80mg	3%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	20g	
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		6%
<b>Calcium</b>		3%
<b>Iron</b>		5%

\* Percent Daily Values are based on a 2000 calorie diet.