

Pork Chops Indonesian

Mrs. Dean M. Moseley

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

6 one-inch loin pork chops
salt (to taste)
pepper (to taste)
3 tablespoons shortening or oil
1 can (16 ounces) sliced peaches
2 tablespoons brown sugar
1 tablespoon onion, grated
2 tablespoons soy sauce
1 teaspoon ginger
1/8 teaspoon dry mustard
1/8 teaspoon garlic powder
1 large bell pepper
cooked rice

Season the chops with salt and pepper.

In a large skillet, melt the shortening. Brown the chops on both sides. Remove from the heat. Drain all but two tablespoons of fat from the skillet.

Drain the peaches. Reserve the syrup. In a bowl, blend the syrup, sugar, onion, soy sauce, ginger, mustard and garlic powder. Pour over the chops in the skillet. Cover and simmer for 30 minutes.

Cut the bell pepper into slivers. Add with the peach slices to the chops. Simmer 5 minutes longer.

Serve over rice.

Per Serving (excluding unknown items): 34 Calories; trace Fat (2.3% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 345mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	34	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 345mg
Potassium (mg): 120mg
Calcium (mg): 8mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 20mg
Vitamin A (i.u.): 277IU
Vitamin A (r.e.): 28RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 34 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	345mg	14%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	4%
Protein	1g	
Vitamin A		6%
Vitamin C		33%
Calcium		1%
Iron		2%

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