

Pork Chops with White Wine

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*6 loin pork chops, one-inch thick
3/4 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon fresh-ground pepper
4 tablespoons butter or margarine
1 large onion, sliced
3/4 cup dry white wine*

In a bowl, blend the mustard, salt and pepper.
Season the chops with the mixture.

In a heavy skillet, heat two tablespoons of the butter. Brown the chops well on both sides. Transfer them to a casserole, preferably one that will hold them in a single layer.

Add the remaining butter to the skillet. Saute' the onion until soft but not brown. Spread over the chops and fill the spaces with them.

Clean out the skillet with the wine. Pour over the chops. Cover.

Bake for one hour.

(If a thicker sauce is desired, drain the liquid from the casserole into a small saucepan and thicken slightly with flour-and-water paste.)

Per Serving (excluding unknown items): 96 Calories; 8g Fat (88.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 435mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	96	Vitamin B6 (mg):	trace
% Calories from Fat:	88.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	9.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	trace

Total Fat (g): 8g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 21mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 435mg
Potassium (mg): 57mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 290IU
Vitamin A (r.e.): 71 1/2RE

Folacin (mcg): 4mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 20
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 96 Calories from Fat: 85

% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	21mg	7%
Sodium	435mg	18%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	6%
Vitamin C	2%
Calcium	1%
Iron	1%

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