



Apple Garlic Pork Chop

Ingredients

6 - 4oz. Center Cut Pork Chops, Raw
1 Cup Apple Juice, Canned
 $\frac{3}{4}$ Tbsp Ginger Root - Fresh, Minced
1 $\frac{1}{2}$ Tsp Garlic - Fresh, Minced

Nutrition Facts (per serving)

Calories	82
Fat (g)	2.1
Saturated Fat (g)	0.7
Cholesterol (mg)	28
Sodium (mg)	25
Carbohydrate (g)	5.2
Fiber (g)	0.1
Protein (g)	10
Calcium (mg)	17.8

Preparation

Trim excess fat off pork chops.

Combine apple juice, ginger and garlic. Pour over prepared pork chops. Marinate for 2 hours in refrigerator.

Grill pork chops to brown slightly. Place grilled chops in an oven proof pan. Pour 1 cup marinade over chops.

Cover and bake in a 375 degree F. standard (325 degree F. convection) oven for 30 to 40 minutes. Remove cover, baste well and continue baking for 10 to 15 minutes or until tender and minimum internal temperature is 155 degrees F.

Serves Size: 1 Chop

