USDA Foods

Pork, Loin Chop, Center Cut, Boneless, Frozen

MyPlate Food Group: **Protein**

Product Description

- Pork chops are a low-sodium food.
- Pork chops are high in protein.

Storage

- Store unopened frozen pork chops in the freezer.
- For best quality, store unused portion (after open) in a sealed air-tight container or freezer safe bag to keep out moisture and other contaminants.

Uses and Tips

- When handling raw pork chops, keep them and their juices away from ready-to-eat foods, in order to avoid cross-contamination.
- Pork chops should reach an internal temperature of at least 145°F before eating. Also, allow to rest for 3 minutes prior to consuming.
- Refrigerate any leftovers quickly because cold temperatures keep most harmful bacteria from multiplying.

Nutrition Information

- 3 ounces of cooked pork chops counts as 3 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 3 ounces (85g) pork, loin chops, center cut, boneless, cooked

Amount Per Serving	
Calories 184	Calories from Fat 77
	-% Daily Value*
Total Fat 8.5g	**13%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 69mg	**23%**
Sodium 55mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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BBQ Pork Chop Skillet

Makes about 4 servings

Ingredients
4 pork loin chops
1/2 cup barbeque sauce
1 teaspoon vegetable oil

Directions

1. Heat oil in large non-stick skillet over medium-high heat. Brown chops, about 2 minutes on each side.
2. Add barbeque sauce to pan, stirring to blend. Cover and simmer for 5-8 minutes until internal temperature reaches a minimum of 145°F.
3. Let rest for 3 minutes before serving/eating.

Why the Rest Time is Important
After you remove meat from a stove top, oven, grill, or other heat source, allow it to rest for the specified amount of time. During the rest time, the temperature remains constant or continues to rise, which destroys harmful germs.

For more information on cooking temperatures and other food safety, please visit www.foodsafety.gov.

Recipe adapted from What's Cooking? USDA Mixing Bowl

Potato and Pork Bake

Makes about 8 servings

Ingredients
8 pork loin chops
8 potatoes, cubed
1 packet dry onion soup mix

Directions

1. Preheat oven to 400°F
2. Place the potatoes in a 10x15 inch baking dish and arrange the pork chops over the potatoes.
3. Prepare the onion soup mix according to package directions and pour this over pork and potatoes.
4. Bake at 400°F for 30 to 40 minutes, or until potatoes are tender and the internal temperature of the pork reaches 145°F.

Tip
This is quick, easy, and it's really great when it's cold outside. Stay in the kitchen and let the oven keep you warm as you cook. Serve with a salad… easy and delicious!

Recipe adapted from allrecipes.com

These recipes, presented to you by USDA, have not been tested or standardized.