



Pork, Loin Chops, Boneless, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of boneless pork loin chops counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Pork loin chops supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Thaw frozen pork loin chops in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Pork chops can be baked, broiled, or grilled.
- Add cooked pork loin to salads, soups, or casseroles.
- Make a classic combination of pork chops with a side of baked apples or applesauce for dinner tonight!

Storing Foods at Home

- Keep pork loin chops frozen at 0 degrees F until ready to use.
- After cooking, store any leftover pork loin chops in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Sweet Pork Stir Fry

Makes 4 servings

Ingredients:

6 ounces whole wheat spaghetti
½ cup reduced sodium soy sauce
2 tablespoons packed brown sugar
2 garlic cloves, minced
1 tablespoon vegetable oil
1 pound boneless pork, thinly sliced (chop or loin)
1 package (8 ounces) sugar snap peas
2 cups bell pepper, sliced (2 medium bell peppers)

Directions: Wash hands with soap and water.

1. Cook pasta according to package directions.
2. Stir soy sauce, brown sugar, and garlic in a small bowl while pasta is cooking.
3. Heat oil in a large skillet over medium high heat. Add pork when oil is hot. Cook pork about 5 minutes. Stir frequently.
4. Add peas and bell peppers to the skillet. Cook for 3 minutes.
5. Add the soy sauce mixture to the vegetables. Cook 3 minutes more.
6. Add the pasta and stir until all the ingredients are combined.

Recipe adapted from Iowa State University Extension and Research

Pork Loin and Vegetables

Makes 6 servings

Ingredients:

2 cups onions, cut in wedges (2 medium)
2 cups potatoes, diced (2 medium)
2 cups carrots, sliced
2 tablespoons vegetable oil, divided
¼ teaspoon salt
¼ teaspoon ground black pepper
1¼ pounds pork loin

For Rub:

1 tablespoon brown sugar
½ teaspoon garlic powder
½ teaspoon ground black pepper
¼ teaspoon salt

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. Mix vegetables with 1 tablespoon oil, salt, and pepper in a bowl.
3. Lay vegetables around the edge of a 9"x 13" pan. Put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, pepper, and salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Cook about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with vegetables. Bake for about 40 minutes. Check the temperature after 30 minutes in the oven.
8. Remove from oven when meat thermometer reads 145 degrees F. Let sit for 5 minutes.

Recipe adapted from Iowa State University Extension and Research