

Sweet Pork Chops

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-orange-pork-chop-recipe>

Ingredients:

- 6 pork chops trimmed over excess fat
- 1 sweet potato shredded
- 1 apple chopped into cubes
- 1 red onions thinly chopped
- 1 orange peeled and cut into cubes
- 1 teaspoon garlic powder
- 4 tablespoons fat of choice, I used olive oil for my veggies and duck fat for my chops
- 5 tablespoons ground mustard no sugar added
- 2 tablespoons honey
- salt to taste
- pepper to taste

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 54 grams
7. SaturatedFat: 10 grams
8. Sodium: 840 milligrams
9. Sugar: 16 grams

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