

# California Pork Chops

*Louise Rousseau Brunner  
Casserole Treasury (1964)*

## Servings: 6

*6 loin or rib pork chops, cut one-inch thick  
salt  
pepper  
1/4 cup flour  
salad oil  
2 oranges, peeled and sliced  
5 tablespoons brown sugar, divided  
2 teaspoons cornstarch  
1/2 cup chicken stock, white wine or water  
1 cup orange juice  
1/2 teaspoon dried marjoram  
2 medium onions, sliced  
2 tablespoons parsley, chopped*

Preheat the oven to 350 degrees.

Trim any excess fat from the chops. Place the trimmed fat in a heavy skillet. Cook on high. Skim out and discard the fat pieces when they are brown.

Season the chops to taste. Roll lightly in the flour. Brown well in the skillet with the hot fat, adding a little oil if there is not enough fat from the discarded fat pieces.

Arrange the browned chops in a large shallow casserole, preferably one that will allow you to crowd them in one layer.

Sprinkle the orange slices with three tablespoons of the brown sugar. Let them stand.

In a bowl, blend the cornstarch with the stock or wine, the orange juice, marjoram and the remaining brown sugar. Pour the mixture over the chops in the casserole. Arrange the onions on top. Sprinkle the onions with parsley. Cover.

Bake for one hour.

Arrange the orange slices on top.

Bake, uncovered, for 15 minutes more.

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Per Serving (excluding unknown items): 104 Calories; trace Fat (2.1% calories from fat); 2g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	104
% Calories from Fat:	2.1%
% Calories from Carbohydrates:	91.6%
% Calories from Protein:	6.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	5mg
Potassium (mg):	259mg
Calcium (mg):	39mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	48mg
Vitamin A (i.u.):	241IU
Vitamin A (r.e.):	36 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	46mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	104	Calories from Fat: 2
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		% Daily Values*
<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	
<b>Vitamin A</b>		5%
<b>Vitamin C</b>		80%
<b>Calcium</b>		4%
<b>Iron</b>		4%

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