
Cranberry Pork Chops

Home Cookin - Junior League of Wichita Falls, TX - 1976

6 pork chops, one-inch thick
1 cup flour, seasoned with salt and pepper
2 tablespoons shortening
2 cups cranberries
3/4 cup water
3/4 cup sugar
1/2 cup honey
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon cinnamon

Dredge the chops in flour. Brown in the skillet with shortening.

In a bowl, mix the cranberries, water, sugar, honey, cloves, nutmeg and cinnamon. Mix well.

Place the chops in a two-quart baking dish. Top with the cranberry mixture.

Cover and bake at 350 degrees for 30 minutes.

Uncover and bake an additional 30 minutes.

Yield: 4 to 6 servings

Pork

Per Serving (excluding unknown items): 3267 Calories; 116g Fat (31.6% calories from fat); 153g Protein; 410g Carbohydrate; 13g Dietary Fiber; 442mg Cholesterol; 371mg Sodium. Exchanges: 6 1/2 Grain(Starch); 20 1/2 Lean Meat; 1 1/2 Fruit; 11 Fat; 19 1/2 Other Carbohydrates.