
Pork Chops A L`Orange

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

Servings: 4

4 loin or rib pork chops, 1-1/2 inches thick

1/4 teaspoon pepper

2 teaspoons seasoning salt

1/2 teaspoon paprika

dash MSG

3/4 cup orange juice

1 tablespoon sugar

1/4 teaspoon curry powder

10 whole cloves

1/2 teaspoon orange peel

1 tablespoon flour

In a bowl, mix the pepper, seasoning salt, paprika and MSG. Mix well. Rub the chops with the seasoning mixture.

In a heavy skillet, brown the meat on both sides with no added fat.

In a bowl, combine the orange juice, sugar, curry powder, cloves and orange peel. Pour over the chops. Cover.

Reduce the heat and simmer for one hour or until tender. Remove the meat to a warm platter. Thicken the remaining liquid with flour.

Spoon the sauce over the chops or serve in a separate bowl.

Pork

Per Serving (excluding unknown items): 95 Calories; 3g Fat (26.7% calories from fat); 2g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.