

Simple Grilled Pork Chops

In this recipe you may choose any type of marinate you want. I have found that different dressings and vinaigrette's make a very tasty marinade.

4 Pork Chops

1 cup Greek Vinaigrette

Procedure

- 1 Rinse pork chops, pat dry and place in plastic bag. Pour in Greek Vinaigrette and close the bag. Refrigerate for about 4 hours. Turn over every hour. Remove from bag and place on grilled that was sprayed with cooking spray. Cooking time to be determined by size of chops.

Servings: 4

Yield: 1 pork chop per person

Degree of Difficulty: Easy

Preparation Time: 25 minutes

Cooking Time: 25 minutes

Inactive Time: 4 hours and 30 minutes

Total Time: 4 hours and 55 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (2.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	275
Calories From Fat (100%)	275
	% Daily Value
Total Fat 30g	62%
Saturated Fat 5g	33%
Cholesterol 0mg	0%
Sodium 825mg	46%
Total Carbohydrates 5g	2%
Fiber 0g	0%
Sugar 2.5g	
Protein 0g	

Recipe Type

Meat

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Feel free to pass it around to your friends.