

# Pineapple Pork

Makes: 4 servings

## Ingredients

- 1 green pepper (medium)
- 4 pork chops (boneless, about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon vegetable oil
- 1 can pineapple chunks (8-ounce, undrained)
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon

## Directions

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Sprinkle the salt on top.
4. Cook the pork for 5 minutes on low heat on each side.
5. The pork should lose its pink color when it's cooked enough.
6. Remove the cooked pork from the skillet. Place it in a serving dish.
7. Put the green pepper slices in the skillet.
8. Stir the in pineapple chunks with their juice.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>203</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	54 mg
<b>Sodium</b>	<b>125 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars included	0 g
<b>Protein</b>	<b>24 g</b>
Vitamin D	40 IU
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

### MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1/4 cup
 Protein Foods	2 1/2 ounces

9. Stir in the ginger and cinnamon.
10. Simmer for about 3-5 minutes.
11. Spoon the pineapple mixture over cooked pork.

## Notes

Serve with cooked rice.

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes