

DIJON BAKED PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
315 cal	11 g	33 g	15 g	78 mg	422 mg	43 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
MUSTARD,DIJON	4-3/4 lbs	2 qts 1 cup	
JUICE,APPLE,CANNED	1 lbs	1-7/8 cup	
SALAD DRESSING,MAYONNAISE TYPE,FAT FREE	1-1/8 lbs	2 cup	
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
BREADCRUMBS	3-1/3 lbs	3 qts 2 cup	
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tsp	
PORK,LOIN CHOPS,5 OZ	31-1/4 lbs		

Method

- 1 Combine mustard, apple juice, salad dressing, and onions in mixer bowl. Beat at low speed 30 seconds. Beat at medium speed 1 minute or until well blended.
- 2 Combine crumbs and parsley.
- 3 Lightly spray each sheet pan with nonstick cooking spray.
- 4 Dip chops in mustard mixture. Dredge in bread crumb mixture.
- 5 Place 20 chops on each sheet pan. Using a convection oven bake at 350 F. for 30 minutes or until chops are tender and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.