

BARBECUED PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
324 cal	6 g	30 g	19 g	81 mg	452 mg	15 mg

Ingredient

PORK CHOP,BONELESS,5 OZ
 COOKING SPRAY,NONSTICK
 SAUCE,BARBECUE

Weight

31-1/4 lbs
 2 oz
 11 lbs

Measure

1/4 cup 1/3 tbsp
 1 gal 1 qts

Issue

Method

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops at 375 F. griddle for 5 minutes on each side.
- 2 Place an equal number of chops in each steam table pan.
- 3 Heat prepared barbecue sauce.
- 4 Pour 6-1/2 cups sauce over chops in each pan. Cover pans.
- 5 Using a convection oven, bake 1-1/4 hours or until tender in 325 F. oven on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.