

**GRILLED PORK CHOPS**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
286 cal	0 g	29 g	18 g	81 mg	44 mg	6 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
COOKING SPRAY,NONSTICK

**Weight**

31-1/4 lbs  
2 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Grill chops on griddle 11 minutes on each side or until browned and thoroughly cooked. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.