

PORK CHOPS WITH MUSHROOM GRAVY

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
344 cal	6 g	30 g	21 g	81 mg	343 mg	18 mg

Ingredient

PORK CHOP,BONELESS,5 OZ
 COOKING SPRAY,NONSTICK
 PEPPER,BLACK,GROUND
 SOUP,CONDENSED,CREAM OF MUSHROOM
 FLOUR,WHEAT,GENERAL PURPOSE
 WATER

Weight

31-1/4 lbs
 2 oz
 1/8 oz
 9-1/2 lbs
 13-1/4 oz
 3-2/3 lbs

Measure

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

Issue**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Place an equal quantity of chops in each steam table pan.
- 3 Combine pepper, soup, and flour. Mix well. Add water; bring to a boil, stirring constantly.
- 4 Pour 2 quarts gravy over chops in each pan. Cover.
- 5 Using a convection oven, bake in 325 F. oven for 1-1/4 hours on high fan, closed vent or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.