

## Pork Chops

### *Ingredients:*

4 pork chops  
approx. 1 cup of vinegar  
1/4 tsp. of Adobo  
1 packet of Sazon  
Pam spray to coat

### *Procedures:*

- 1.) Trim all visible fat from pork chops
- 2.) Combine vinegar and spices in a dish
- 3.) Marinate the pork chops in the dish with the vinegar mixture for at least 1/2 hour—Longer for more flavor
- 4.) Spray the frying pan with Pam spray and heat over medium heat
- 5.) Add pork chops to the frying pan and cook until the internal temperature of 165 degree Fahrenheit is met

### *Yield:*

4 pork chops

### *Nutrition Facts:*

Calories- 416.6  
Fat- 24.8 g  
Protein- 44.7 g  
Sodium- 640 mg  
Calcium- 40.5 mg

Iron- 1.4 mg  
Thiamin- 1.7 mg  
Riboflavin- 0.45 mg  
Niacin- 8.38 mg