

St. Louis Style Pork Chops with Sweet Potatoes

Skip to: [Cooking Instructions & Ingredients](#) | [Print](#) | [Close Window](#)



Heart Healthy

This dish follows the American Heart Association's recommendations for living a heart-lifestyle.

Dish With

Roasted Asparagus

Maximum Order Quantity: 2

Modifications

Dish can be modified for dietary needs:



- **Gluten/Wheat Free:** No Modifications Needed

Our specially chosen spices, including chili powder, paprika and garlic, are mixed together for this "dry rub" which will bring back memories of your favorite backyard BBQ. It's delicious on our moist pork chops which are served with grilled sweet potatoes seasoned with a hint of butter, brown sugar and cinnamon. Everyone will want seconds!

Nutrition Facts Servings: 6

Pork Chops

Amount/Serving	
Calories	170
Fat Cal.	63
Total Fat	7g
Sat. Fat	2.5g
Trans Fat	0g
Cholest.	55mg
Sodium	200mg
Total Carb	5g
Dietary Fiber	0.79g
Sugars	3g
Protein	22g
Weight Watchers® Points®	4

Sweet Potatoes

Amount/Serving	
Calories	160
Fat Cal.	72
Total Fat	8g
Sat. Fat	3g
Trans Fat	0g
Cholest.	10mg
Sodium	130mg
Total Carb	21g
Dietary Fiber	3g
Sugars	8g
Protein	1g
Weight Watchers® Points®	3

Weight Watchers® and Points® are registered trademarks of Weight Watcher's International, Inc. the number of Points® provided here was calculated by Let's Dish!, Inc based on published Weight Watchers International, Inc information and does not imply sponsorship or endorsement of such number of Points® or Let's Dish! products by Weight Watchers International, Inc.

At-Home Cooking Directions

GRILL/PORK CHOPS: Preheat grill on medium-high heat. Cook 5-7 minutes per side or until internal temperature reaches 160°F. **GRILL/POTATOES:** Tear a piece of foil 24" long. Add contents of the potato bag onto the foil and spread evenly. Fold all edges tightly to create a packet. Grill 30-40 minutes, turning occasionally until potatoes are hot. **OVEN/POTATOES:** Preheat oven to 400°F. Spray a 9x13 baking dish with cooking spray and add potatoes. Stir to combine and spread potatoes evenly into the dish. Bake 30-40 minutes, stirring occasionally, until potatoes are hot. **STOVE TOP/PORK CHOPS:** Heat 2 Tbsp oil in a large skillet over medium heat. Add pork chops and cook 5-7 minutes per side or until internal temperature reaches 160°F.



Cook Method
Grill



Cook Time
30 minutes



Alternate Cook Method
Stovetop



Thawing Instructions
Thaw in Fridge; Keep Potatoes Frozen

Ingredients*

Pork Chops, Sweet Potatoes, Canola Oil, Butter (cream, natural flavorings), Brown Sugar, Paprika, Garlic Powder, Onion Powder, Chili Powder (chili pepper, cumin, oregano, salt, silicon dioxide (added to make free flowing), and garlic), Kosher Salt, Dry Mustard, Pepper, Allspice, Pepper, Cinnamon. Contains: Milk

* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.