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Baked Pork Chops ♦♦

Baked pork chops are a delicious and easy-to-make dish that is perfect for any occasion. The pork chops are seasoned with a blend of herbs and spices, then baked in the oven until juicy and tender. This recipe is a classic favorite that is sure to please the whole family.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|---------------|
| 500 g | pork chops |
| 1 tsp | salt |
| 1 tsp | black pepper |
| 1 tsp | paprika |
| 1 tsp | garlic powder |

1 tsp onion powder

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the pork chops with salt, black pepper, paprika, garlic powder, and onion powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat olive oil in a large skillet over medium-high heat. Add the pork chops and cook for 2-3 minutes on each side, until browned.

Prep Time: 5 mins

Cook Time: 6 mins

Step 4

Baking

Transfer the pork chops to a baking dish and bake in the preheated oven for 15-20 minutes, or until the internal temperature reaches 145°F (63°C).

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the pork chops from the oven and let them rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 30 g | 176.47% | 176.47% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 1 g | 1.82% | 2% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 0 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 3 g | 13.64% | 17.65% |
| Fat | 12 g | 42.86% | 48% |
| Cholesterol | 90 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 10 mcg | 416.67% | 416.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 450 mg | 13.24% | 17.31% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Drinks

Salads

Cultural

Chinese New Year

Ramadan

Thanksgiving

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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