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Cowboy Pork Chops ♦♦

Cowboy Pork Chops is a classic American dish that originated in the Old West. It features tender pork chops seasoned with a flavorful blend of spices and cooked to perfection. This dish is often served with traditional side dishes like mashed potatoes and roasted vegetables.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 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
0.5 tsp	cayenne pepper
2 tbsp	olive oil

Directions

Step 1

Grilling

Preheat the grill or stovetop grill pan to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper to make the seasoning blend.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the pork chops with the seasoning blend, making sure to coat both sides evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Drizzling

Drizzle the olive oil over the pork chops.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Grilling

Grill the pork chops for 6-8 minutes per side, or until they reach an internal temperature of 145°F (63°C).

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Resting

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
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
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	120 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	30 mg	2307.69%	2307.69%
Vitamin B12	40 mcg	1666.67%	1666.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Cuisines

American Italian

Kitchen Tools

Slow Cooker Blender

Events

Picnic

Diet

Anti-Inflammatory Diet

Course

Breads Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas

Meal Type

Dinner Snack Lunch

Difficulty Level

Easy

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