



Garlic Seasoned Baked Pork Chops

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 1 eggs beaten
- 1 pinch garlic powder to taste
- 2 tablespoons milk
- 4 butterflied pork chops trimmed
- 1 pinch lawry's seasoned salt to taste (such as LAWRY'S®)

Equipment

- bowl

- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Pour butter into a 9x13-inch baking dish, tilting to cover entire bottom of dish.
- Whisk egg and milk together in a shallow bowl; dip pork chops into egg mixture.
- Transfer pork chops to the baking dish.
- Sprinkle pork chops with garlic powder and seasoned salt.
- Bake pork chops in the preheated oven for 10 minutes. Flip chops and season the other side with garlic powder and seasoned salt. Cook until pork is no longer pink in the center, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 45.22% **FAT 54.12%** **CARBS 0.66%**

Properties

Glycemic Index:23.25, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:16.400869587598%

Nutrients (% of daily need)

Calories: 278.2kcal (13.91%), Fat: 16.26g (25.02%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.41g (0.45%), Cholesterol: 146.65mg (48.88%), Sodium: 137.5mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.15%), Selenium: 47.95µg (68.5%), Vitamin B1: 0.9mg (60.19%), Vitamin B3: 10.72mg (53.62%), Vitamin B6: 1mg (49.84%), Phosphorus: 333.98mg (33.4%), Vitamin B2: 0.31mg (18.29%), Potassium: 528.23mg (15.09%), Zinc: 2.26mg (15.04%), Vitamin B12: 0.86µg (14.34%), Vitamin B5: 1.18mg (11.79%), Magnesium: 37.22mg (9.3%), Vitamin D: 0.84µg (5.59%), Vitamin A: 251.84IU (5.04%), Iron: 0.87mg (4.81%), Copper: 0.08mg (4.16%), Vitamin E: 0.46mg (3.04%), Calcium: 26.47mg (2.65%), Folate: 5.39µg (1.35%)