

DINNER

Pork Chops alla Pizzaiola

20 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
37 min	7 min	30 min	2	\$6.49	736 kcal



Pork Chops alla Pizzaiolan is a gluten free, dairy free, paleolithic, and primal recipe with 2 servings. For \$6.49 per serving, this recipe covers 44% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 77g of protein, 38g of fat, and a total of 736 c...

Ingredients

- ☐ 15 ounce diced tomatoes, in juice
canned

☐ 2 tablespoons olive oil

☐ 1 tablespoon chopped fresh Italian parsley leaves

☐ ¼ teaspoon dried red pepper flakes, or more to
taste
- ☐ 1 teaspoon herbes de Provence

☐ 1 small onion, thinly sliced

☐ 24 ounces (1-inch thick) bone-in pork loin
center-cut chops (about each)

☐ 2 servings Salt and freshly ground black pepper

EQUIPMENT Frying pan, Kitchen thermometer, Aluminum foil

Method

- 1 Watch how to make this recipe.
- 2 Heat the oil in a heavy large skillet over medium heat.
- 3 Sprinkle the pork chops with salt and pepper.
- 4 Add the pork chops to the skillet and cook until they are brown and an instant-read meat thermometer inserted horizontally into the pork registers 160 degrees F, about 3 minutes per side.
- 5 Transfer the pork chops to a plate and tent with foil to keep them warm.
- 6 Add the onion to the same skillet and saute over medium heat until crisp-tender, about 4 minutes.
- 7 Add the tomatoes with their juices, herbes de Provence, and 1/4 teaspoon red pepper flakes. Cover and simmer until the flavors blend and the juices thicken slightly, stirring occasionally, about 15 minutes. Season the sauce, to taste, with salt and more red pepper flakes. Return the pork chops and any accumulated juices from the plate to the skillet and turn the pork chops to coat with the sauce.
- 8 Place 1 pork chop on each plate. Spoon the sauce over the pork chops.
- 9 Sprinkle with the parsley and serve.

Nutrition per serving

736

KCAL

77 g

PROTEIN

38 g

FAT

19 g

CARBS

Saturated Fat	10.4 g · 65% of daily needs
Fibre	5 g · 20% of daily needs
Sugar	10.9 g · 12% of daily needs
Sodium	451 mg · 20% of daily needs
Cholesterol	228 mg · 76% of daily needs
Vitamin C	25.1 mg · 30% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pork-chops-alla-pizzaiola-143926