

Air Fryer Pork Chops

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/air-fryer-recipe-for-italian-sausage>

Ingredients:

- 4 pork chops thick cut, boneless
- 1 tablespoon mccormick grill mates montreal chicken seasoning or your favorite brand of grill seasoning
- 1/4 cup pure maple syrup
- 2 tablespoons Dijon mustard
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon salt
- vegetable oil

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Protein: 34 grams
6. SaturatedFat: 2 grams
7. Sodium: 650 milligrams
8. Sugar: 12 grams

Thank you for visiting our website. Hope you enjoy Air Fryer Pork Chops above. You can see more 20 air fryer recipe for italian sausage They're simply irresistible! to get more great cooking ideas.