

Easy + Cheap + Low Carb + 3 Ingredients!

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-and-cheap-recipe-for-christmas-cookies>

Ingredients:

- pork chops I use 4-7 at a time
- 3 tablespoons melted butter
- 1/4 cup grated Parmesan cheese
- spices Various, salt, pepper, garlic powder

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 260 milligrams

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