

Simple, Pan-Fried Pork Chops

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/smelts-recipe-indian>

Ingredients:

- 1 piece bone-in pork chops Breakfast Chops, very Thin
- 1 cup all-purpose flour
- 1 teaspoon seasoned salt
- 1 teaspoon black pepper
- cayenne pepper To Taste
- 1/2 cup canola oil
- 1 tablespoon butter
- salt
- pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 110 milligrams

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