

Baked Pork Chops

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-baked-pork-chops-recipe>

Ingredients:

- 1 pound pork chops thin cut
- 1 small onion halved and thinly sliced
- 1/2 cup mayonnaise or more, if you really love mayo
- 8 ounces Daiya dairy free cheddar cheese, works great, or extra sharp cheddar if you are not dairy free, grated
- black pepper sea salt, to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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