

# Seared Porkchops

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-porkchops-recipe>

## Ingredients:

- 1 pound pork chops
- salt
- pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 450 milligrams

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