

Italian Keto Pork Chops



Infused with herbs and garlic, these Italian Keto Pork Chops offer a robust flavor that pairs beautifully with a side of grilled vegetables. This dish is a hearty, keto-friendly option that brings the essence of Italian cuisine to your lunch table.

Ingredients for 2 serving (US/Metric)

- 547g / 19.3oz **Pork chop, boneless**
- 3 *tbsp* **Olive oil**
- **Garlic Cloves**
- 4.5 *tsp* **Dried Rosemary**
- **Thyme**
- **Salt & pepper to taste**
- **Lemon zest**
- 1.5 *tbsp* **Butter**

Nutrition (US/Metric)

- **Protein:** 35%
- **Fat:** 63%
- **Net carbs:** 2%

Instructions

- **Preheat Grill or Pan:** Heat a grill or skillet to medium-high heat. Rub pork chops with olive oil, minced garlic, rosemary, thyme, salt, pepper, and lemon zest.
- **Cook Pork Chops:** Grill or sear pork chops for about 7-8 minutes per side or until they reach an internal temperature of 145°F (63°C).
- **Finish with Butter:** In the last minute of cooking, add butter to the pan or on top of the chops to melt over them.
- **Serve:** Let the pork chops rest for a few minutes before serving. Pair with a side of sautéed spinach or grilled vegetables.