



Honey Mustard Crusted Pork Chops



1/2 of recipe (1 pork chop): 289 calories, 10g total fat (3.5g sat. fat), 530mg sodium, 13g carbs, 0.5g fiber, 4.5g sugars, 31.5g protein

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Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

1/3 cup [panko bread crumbs](#)
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
2 tbsp. honey mustard, or more for dipping
Two 5-oz. raw boneless pork chops, trimmed of excess fat

Directions

In a wide bowl, mix bread crumbs with seasonings.

Place honey mustard in another wide bowl. Coat pork chops with the mustard, followed by the seasoned bread crumbs.

Spray an air fryer with non-aerosol nonstick spray. Place pork chops in the air fryer. Top with any remaining bread crumbs. Spray with nonstick spray.

Set air fryer to 400°F (or the nearest degree). Cook until cooked through and crispy, 12-14 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 425°F until cooked through and crispy, 15-18 minutes.

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