



Air Fryer Keto “Shake-N-Bake” Pork Chops

Active Time: 10 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

364.2 calories, 3.86 g carbohydrate, 1.74 g fiber, 2.12 g NET carbs, 37.17 g protein, 22.68 g fat

Ingredients

- 1/2 cup(s) almond flour
- 5 Tbsp(s) Pork Panko
- 1/4 tsp(s) salt
- 1 large egg
- 2 Tbsp(s) heavy cream
- 4 chop(s) pork, bone-in center cut, about 1" thick
- 1 tsp garlic powder
- 1/2 tsp(s) parsley
- 1/2 tsp(s) onion powder
- 1/2 tsp(s) paprika
- 1/4 tsp(s) dry mustard
- 1/4 tsp(s) pepper

Preparation

1. Preheat Air Fryer to 400 degrees.
2. In a shallow bowl, whisk the cream and egg together until fully combined. In another shallow dish, combine the Pork Panko, almond flour, salt, pepper and spices.
3. Dip both sides of each pork chop in the egg mixture. Leave pork chops in the dish until ready to coat.
4. In a large plastic bag, or glass container with a tight lid, combine the Pork Panko, almond flour, salt, pepper and spices.
5. Add the coated pork chops to the plastic bag. Seal the bag and shake to coat the pork chops.
6. Transfer the coated pork chops to the wire rack in the Air Fryer.
7. Cook for 12 minutes. Flip and cook another 8-10 minutes to an internal temperature of 145 degrees F.

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