

Low-Carb Sheet Pan Mustard Pork Chops

Hands-on 15 minutes Overall 55 minutes

Nutritional values (per serving): Total carbs: 9.1 g, Fiber: 3.5 g, **Net carbs: 5.6 g,**

Protein: 25.7 g, Fat: 31.4 g, Calories: 417 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 4 small *or* 2 large pork chops (450 g/ 1 lb)
- 4 tbsp [Dijon mustard](#) (62 g/ 2.2 oz)
- 6 tbsp [extra virgin olive oil](#), divided (90 ml/ 3 fl oz)
- 1 clove garlic, minced
- 2 tbsp minced mixed herbs such as rosemary, sage, thyme and/or parsley
- 1 tbsp organic lemon zest
- 1/2 - 1 lemon, sliced, added for flavor boost
- 1/2 tsp sea salt, or to taste
- 1/4 tsp pepper, or to taste
- 1 pint whole shiitake mushrooms *or* white/brown mushrooms, sliced (227 g/ 8 oz)
- 1 pint whole cherry tomatoes (227 g/ 8 oz)
- 1 small red onion, cut into wedges (60 g/ 2.1 oz)
- Optional:* dark leafy greens to serve

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Instructions

1. Preheat the oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted). Line a baking sheet with parchment paper.
2. Place the pork chops, mushrooms, cherry tomatoes, and onion on a baking sheet with the sliced lemon. Season with salt and pepper.
3. In a small bowl mix together 1 tablespoon olive oil, mustard, garlic clove, herbs, and lemon zest.
4. Brush the sauce over the pork chops and drizzle the vegetables with the remaining olive oil.
5. Transfer to the oven and bake for about 40 minutes until the pork chops reach an internal temperature of 63° C/ 145°F.
6. Best eaten fresh with a side of leafy greens but leftovers can be stored in a covered container in the refrigerator for up to 4 days.

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