

# Perfect Pork Chops with Keto Gravy

Hands-on 10 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 5.5 g, Fiber: 0.85 g, **Net carbs: 4.7 g,**

Protein: 29.4 g, Fat: 28.1 g, Calories: 399 kcal,

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



## Ingredients (makes 6 servings)

6 medium \ 12 small pork chops (800 g / 28.2 oz / 1.76 lb, about 130 g/ 4.6 oz per serving)

2 tbsp [ghee](#) - you can [make your own](#) (30 g / 1.1 oz)

salt and pepper to taste (I like [pink Himalayan](#) rock salt)

1 recipe [Ultimate Keto Gravy](#)

*When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Pat dry the pork chops using a paper towel. Rub with one tablespoon of ghee from both sides and season with salt and pepper.
2. Heat a [large pan](#) greased with the remaining ghee. Once the pan is hot, add the pork chops and cook over a medium-high heat. Cook until the sides begin to brown, for about 2 minutes. Then, turn on the other side and cook for another 2 minutes.
3. Lower the heat and cook for another 5-10 minutes depending on the thickness of the meat. If you're using an [instant read thermometer](#), it should read 60-63 °C/ 140-145 °F. When done, transfer on a plate, cover with a foil and let it rest for about 5 minutes before serving. You can use [splatter shield like this one](#) - it's great for catching spat oil. Serve with [Ultimate Keto Gravy](#) and try with [Creamy Keto Mash!](#)

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