

Air Fryer Pork Chops

4 - 1/4th inch thick pork chops - bone in
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon oregano
Oil
Salt & Pepper

Rinse and pat dry the pork chops and place them on a plate or board.

Sprinkle salt, pepper, garlic powder, cumin, paprika and oregano on all of them. Drizzle a little bit of oil on each and rub them. Flip and repeat.

Allow the pork chops to sit at room temperature for about 20 minutes until they reach room temperature and are no longer cold.

Preheat the air fryer at 400F (200C) for 5 minutes.

Place 2 of the pork chops in the basket (work in batches - do not overcrowd the basket). Cook on 'meat' for 9 minutes at 390F (198 C).

Flip the pork chops at the 5 minute mark and finish cooking.

Thicker pork chops will take longer so make sure the meat is completely cooked through.

1 pork chop - Calories 188.346 kcal, Fat, Total 8.702 g, Saturated Fat 2.704 g, Sugar, Total 0.088 g, Total Carbohydrate 1.162 g, Protein 24.984 g, Cholesterol 62.370 mg, Trans Fatty Acid 0.000 g, Sodium 633.857 mg,