Baked Pork Chops

This easy baked pork chops recipe makes the best oven baked pork chops! A simple spice rub gives the pork chops so much flavor.

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Servings: **4** servings   Calories: 262kcal

★★★★★
4.97 from 27 votes

Ingredients

- 4 boneless pork chops at least 1-inch thick*
- 1 tablespoon olive oil
- 1½ tablespoons brown sugar
- 2 teaspoons paprika sweet or smoked
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon black pepper

Instructions

1. Preheat oven to 425° F. Line a rimmed baking sheet with parchment paper. (You can also bake pork chops in a baking dish, without parchment.)
2. Pat pork chops dry with paper towels. Rub pork chops with the olive oil and place them on the prepared baking sheet.
3. Combine the brown sugar, paprika, onion powder, dried thyme, salt and pepper in a small bowl. Stir to mix well.
4. Rub the spice mixture over all sides of the pork chops.
5. Bake pork chops in the preheated oven for 15 to 20 minutes for 1-inch thick boneless pork chops. The pork chops are done when the internal temperature measures 145° F on an instant read thermometer. (Thinner pork chops will cook faster, bone-in pork chops will take longer to cook. See notes.) Be careful not to overcook the pork chops or they may dry out.
6. Let the pork chops rest for 5 minutes and then serve.

Notes

- If your pork chops are thinner than 1 inch, start checking on them after 10-12 minutes in the oven.
- Bone-in pork chops will take a few minutes longer to cook than boneless.

Nutrition

Serving: 1pork chop | Calories: 262kcal | Carbohydrates: 6g | Protein: 29g | Fat: 13g | Saturated Fat: 4g | Cholesterol: 90mg | Sodium: 648mg | Potassium: 523mg | Fiber: 1g | Sugar: 5g | Vitamin A: 493IU | Calcium: 18mg | Iron: 1mg

Nutrition information is only an estimate.

Kristine's Kitchen