



Apricot Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons dijon mustard
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.3 teaspoon salt

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0.5 teaspoon worcestershire sauce

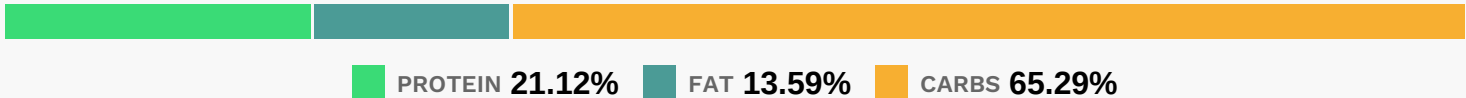
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; set aside.
- ☐ Combine salt, cinnamon, and pepper, and sprinkle over both sides of lamb.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add lamb to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Remove skillet from heat; add apricot mixture, turning lamb to coat.
- ☐ Place 2 chops on each of 4 dinner plates; spoon remaining apricot mixture evenly over chops.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.7756521624068%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 117.1kcal (5.85%), Fat: 1.84g (2.83%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 19.62g (7.13%), Sugar: 12.97g (14.41%), Cholesterol: 18.71mg (6.24%), Sodium: 258.93mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Selenium: 8.32µg (11.89%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.9mg (9.5%), Zinc: 0.97mg (6.44%), Phosphorus: 62.03mg (6.2%), Vitamin B2: 0.08mg (4.64%), Iron: 0.82mg (4.54%), Vitamin C: 3.1mg (3.76%), Copper: 0.07mg (3.74%), Manganese: 0.07mg (3.73%), Vitamin B6: 0.07mg (3.68%), Potassium: 121.31mg (3.47%), Vitamin B1: 0.05mg (3.01%), Magnesium: 11.46mg (2.86%), Vitamin B5: 0.21mg (2.13%), Folate: 7.94µg (1.98%), Calcium: 15.32mg (1.53%), Vitamin A: 63.63IU (1.27%),

Fiber: 0.28g (1.12%)