



Balsamic Marinated Lamb Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lamb loin chops
- 1 Clove garlic sliced
- 0.3 cup balsamic vinegar
- 1 Tbs dijon mustard
- 1 Sprig oregano fresh
- 2 servings herbs like: thym roughly chopped
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- 1 Tbs red wine vinegar

- 2 Tbs olive oil
- 1 Tbs brown sugar
- 1 Tbs brown sugar
- 2 servings kosher salt
- 2 servings pepper black

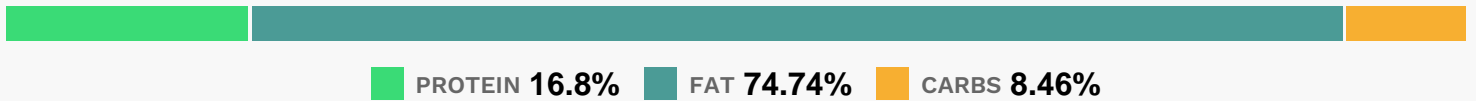
Equipment

- bowl
- mixing bowl
- grill

Directions

- In a mixing bowl, mix above ingredients, except salt and pepper. Set aside
- Salt and Pepper the Lamb Chops on both sides on a plate
- Toss Lamb in bowl with marinade
- Cover and refrigerate at least 1 to 2 hours, turning occasionally
- Get your BBQ ready! Medium-High, indirect heat
- Grill Lamb Chops on the BBQ to a nice medium rare
- 5 to 7 minutes per side, depending on thickness

Nutrition Facts



Properties

Glycemic Index:144.5, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:23.162608695652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 29.12%, Saltiness: 100%, Sourness: 22.7%, Bitterness: 24.41%, Savoriness: 64.01%, Fattiness: 88.99%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 910.06kcal (45.5%), Fat: 74.52g (114.64%), Saturated Fat: 28.55g (178.43%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 18.11g (6.58%), Sugar: 16.58g (18.42%), Cholesterol: 167.24mg (55.75%), Sodium: 415.1mg (18.05%), Protein: 37.7g (75.39%), Vitamin B12: 4.61µg (76.84%), Vitamin B3: 14.77mg (73.86%), Selenium: 45.68µg (65.26%), Zinc: 5.88mg (39.17%), Phosphorus: 364.93mg (36.49%), Vitamin K: 31.55µg (30.04%), Vitamin B2: 0.49mg (28.81%), Iron: 4.72mg (26.2%), Vitamin B1: 0.27mg (17.93%), Vitamin E: 2.67mg (17.77%), Vitamin B6: 0.34mg (16.97%), Potassium: 581.38mg (16.61%), Magnesium: 62.07mg (15.52%), Vitamin B5: 1.49mg (14.9%), Copper: 0.29mg (14.26%), Manganese: 0.26mg (12.95%), Folate: 44.22µg (11.05%), Calcium: 84.11mg (8.41%), Vitamin A: 234.02IU (4.68%), Fiber: 0.87g (3.47%), Vitamin C: 1.28mg (1.55%)