



Barbecued Lamb Chops



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons rosemary leaves fresh finely chopped
- ☐ 3 lemon zest juiced
- ☐ 3 lime zest juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 orange zest juiced
- ☐ 1 bunch parsley italian chopped fine
- ☐ 2 lamb loins racks of
- ☐ 1 medium onion red sliced into 1/ half moons

- ☐ 4 servings salt
- ☐ 2 tablespoons sugar

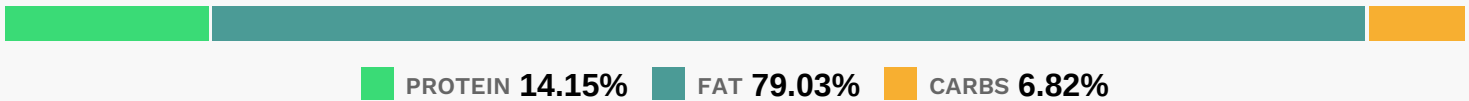
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ If preparing in conjunction with the fire-roasted artichokes, the barbecue should be lit and then artichokes started when this dish is begun. If not, light the barbecue.
- ☐ Clean and trim both racks of lamb and cut into 8 double chops. Chop the rosemary with salt. Rub the chops with the herbs and drizzle with 2 tablespoons of extra-virgin olive oil. Set aside.
- ☐ In a 2 to 3-quart saucepan, heat the 3 remaining tablespoons olive oil over high heat. Before the oil begins to smoke, add the onion and cook until softened, about 7 to 9 minutes.
- ☐ Add the sugar and continue cooking until a dark brown caramel begins to form.
- ☐ Add the citrus juices, the zests, and simmer 5 minutes more.
- ☐ Add the fruit segments and simmer 2 more minutes, and remove from the heat.
- ☐ Grill the lamb chops over the hot part of the grill 5 to 7 minutes per each side for medium rare.
- ☐ Remove the artichokes from the grill and arrange on a platter. Arrange the cooked lamb chops on the other end.
- ☐ Brush the chops with marjaram leaves dipped in citrus sauce.
- ☐ Garnish with parsley and serve immediately with Fire Roasted Artichokes.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:6.13, Inflammation Score:-9, Nutrition Score:31.557391021563%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 1052.3kcal (52.61%), Fat: 92.74g (142.67%), Saturated Fat: 38.68g (241.76%), Carbohydrates: 18g (6%), Net Carbohydrates: 14.02g (5.1%), Sugar: 8.31g (9.24%), Cholesterol: 188.63mg (62.88%), Sodium: 344mg (14.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.74%), Vitamin K: 238.33µg (226.98%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 15.55mg (77.74%), Vitamin C: 53.98mg (65.43%), Selenium: 42.21µg (60.3%), Zinc: 7.03mg (46.86%), Phosphorus: 368.74mg (36.87%), Vitamin B2: 0.52mg (30.48%), Iron: 4.94mg (27.47%), Vitamin A: 1310.01IU (26.2%), Vitamin B1: 0.3mg (20.15%), Potassium: 678.46mg (19.38%), Vitamin B6: 0.37mg (18.45%), Vitamin B5: 1.81mg (18.09%), Folate: 70.57µg (17.64%), Fiber: 3.99g (15.95%), Magnesium: 61.59mg (15.4%), Copper: 0.3mg (15.15%), Vitamin E: 1.71mg (11.41%), Calcium: 105.33mg (10.53%), Manganese: 0.12mg (5.86%)