



## Broiled Lamb Chops with a Mint-Orange Liqueur Sauce and White Asparagus

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beef stock
- 2 tablespoons butter
- 3 sprigs mint leaves fresh chopped
- 2 sprigs rosemary fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 0.5 cup orange liqueur (recommended: Grand Marnier)

- 2 lamb loins racks of cut into chops
- 2 bunches asparagus white trimmed

## Equipment

- frying pan
- oven
- aluminum foil
- stove

## Directions

- For the sauce: In saute pan add the orange liqueur.
- Pour the alcohol into the pan and carefully ignite with a match or click lighter. Return the pan to the stove top over medium-high heat and gently swirl to reduce the flames.
- Add the mint and beef stock and reduce by half. Finish the sauce with the butter and season with salt and pepper. Hold warm. For the lamb: Preheat the oven to broil.
- Sprinkle the lamb with salt, pepper and rosemary. Broil the lamb 2 minutes per side for medium-rare.
- Remove and let rest 5 minutes under foil .
- Heat a saute pan over medium-high heat.
- Add the butter, olive oil and asparagus and saute until the asparagus is al dente, about 7 minutes. Season with salt and pepper.
- To serve, place 2 to 3 lamb chops per plate, drizzle with the sauce and garnish with the asparagus.

## Nutrition Facts

 **PROTEIN 13.65%**  **FAT 82.65%**  **CARBS 3.7%**

## Properties

Glycemic Index:28.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:20.68260899834%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 1129.13kcal (56.46%), Fat: 98.15g (151%), Saturated Fat: 42.23g (263.95%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.79g (3.56%), Sugar: 9.59g (10.66%), Cholesterol: 203.68mg (67.89%), Sodium: 216.48mg (9.41%), Alcohol: 7.67g (100%), Alcohol %: 3.16% (100%), Caffeine: 7.67mg (2.56%), Protein: 36.47g (72.95%), Vitamin B12: 5.2µg (86.65%), Vitamin B3: 15.31mg (76.55%), Selenium: 42.05µg (60.08%), Zinc: 6.78mg (45.2%), Phosphorus: 349.13mg (34.91%), Vitamin B2: 0.49mg (29.07%), Iron: 3.61mg (20.06%), Vitamin B1: 0.26mg (17.08%), Vitamin B5: 1.55mg (15.52%), Potassium: 516.87mg (14.77%), Vitamin B6: 0.28mg (14.17%), Copper: 0.25mg (12.25%), Magnesium: 47.64mg (11.91%), Vitamin E: 1.63mg (10.84%), Folate: 36.44µg (9.11%), Vitamin K: 5.09µg (4.85%), Calcium: 43.02mg (4.3%), Vitamin A: 212.58IU (4.25%), Manganese: 0.07mg (3.38%)