



Broiled Lamb Chops with Southwestern Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 6 servings southwestern butter
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 ounce lamb rib chops
- ☐ 1.5 tablespoons paprika
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 6 servings garnish: thyme sprigs fresh

☐ 0.3 cup vegetable oil

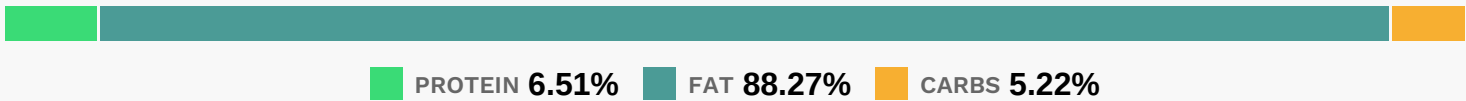
Equipment

- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine olive oil and next 3 ingredients in a large shallow dish or large heavy-duty zip-top plastic bag; add lamb chops, turning to coat. Cover or seal, and chill 2 hours.
- ☐ Remove lamb chops from marinade, discarding marinade.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Place on a lightly greased aluminum foil-lined rack in a broiler pan.
- ☐ Broil 3 inches from heat 5 minutes on each side or to desired degree of doneness. Top each lamb chop with a slice of Southwestern Butter; broil 30 more seconds.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ *12 loin chops may be substituted for rib chops. Broil 3 or more minutes on each side or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:4.470869652603%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 141.06kcal (7.05%), Fat: 14.28g (21.97%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.2g (0.22%), Cholesterol: 16.99mg (5.66%), Sodium: 428.11mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 1067.99IU (21.36%), Vitamin K: 19.02µg (18.12%), Vitamin E: 1.39mg (9.27%), Manganese: 0.12mg (5.95%), Iron: 0.87mg (4.86%), Vitamin B12: 0.23µg (3.89%), Vitamin B3: 0.78mg (3.88%), Fiber: 0.95g (3.8%), Vitamin C: 3mg (3.63%), Vitamin B6: 0.07mg (3.6%), Selenium: 2.43µg (3.47%), Zinc: 0.49mg (3.24%), Vitamin B2: 0.05mg (3.04%), Phosphorus: 27.62mg (2.76%), Potassium: 84.81mg (2.42%), Magnesium: 9.07mg (2.27%), Copper: 0.04mg (2%), Calcium: 16.62mg (1.66%), Vitamin B1: 0.02mg (1.37%), Vitamin B5: 0.13mg (1.28%)