



Broiled Lamb with Rosemary



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus
- ☐ 2 servings pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 small garlic cloves minced
- ☐ 16 ounce lamb loin chops trimmed ()

☐ 0.3 teaspoon salt

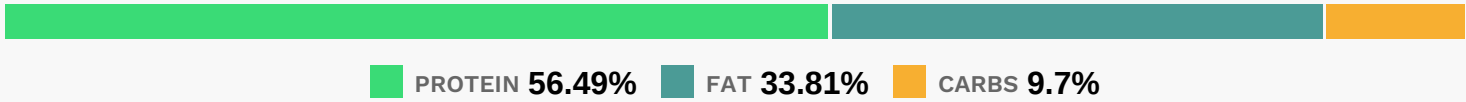
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Snap off tough ends of asparagus.
- ☐ Combine yogurt and mustard; stir well. Set aside.
- ☐ Coat asparagus with cooking spray.
- ☐ Sprinkle lightly with salt.
- ☐ Combine wine, garlic, and rosemary.
- ☐ Place lamb chops on one end of a broiler pan coated with cooking spray.
- ☐ Brush chops with half of wine mixture. Broil 8 minutes. Turn chops, and brush with remaining half of wine mixture. Broil 2 minutes, and add asparagus to pan. Broil 4 to 5 minutes, turning asparagus every 2 minutes, until asparagus is crisp-tender and chops are done.
- ☐ Remove asparagus and chops from pan; sprinkle with freshly ground pepper.
- ☐ To serve, place half of asparagus and 2 lamb chops on each of two serving plates. Top asparagus with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:32.640869223553%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin:

0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg, Isorhamnetin: 6.47mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg

Nutrients (% of daily need)

Calories: 396.6kcal (19.83%), Fat: 13.82g (21.27%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 6.21g (2.26%), Sugar: 4.55g (5.06%), Cholesterol: 150.3mg (50.1%), Sodium: 499.05mg (21.7%), Alcohol: 3.15g (100%), Alcohol %: 0.98% (100%), Protein: 51.97g (103.93%), Vitamin B12: 5.2µg (86.65%), Selenium: 58.52µg (83.59%), Vitamin B3: 15.96mg (79.78%), Zinc: 8.21mg (54.71%), Phosphorus: 546.07mg (54.61%), Vitamin K: 47.49µg (45.23%), Vitamin B2: 0.76mg (44.7%), Iron: 6.96mg (38.64%), Vitamin B1: 0.48mg (32.19%), Folate: 118.45µg (29.61%), Vitamin B6: 0.55mg (27.38%), Potassium: 956.96mg (27.34%), Copper: 0.52mg (26.23%), Magnesium: 85.97mg (21.49%), Vitamin B5: 2.04mg (20.39%), Vitamin A: 891.27IU (17.83%), Manganese: 0.32mg (15.94%), Calcium: 126.17mg (12.62%), Vitamin E: 1.72mg (11.5%), Fiber: 2.72g (10.87%), Vitamin C: 7.79mg (9.44%)