



Cherry-Glazed Lamb Chops

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup smucker's cherry preserves
- 1 teaspoon rosemary leaves fresh chopped
- 1 clove garlic finely chopped
- 2 lb lamb rib chops
- 0.5 teaspoon pepper freshly ground
- 1 sprigs rosemary leaves fresh
- 0.5 teaspoon salt

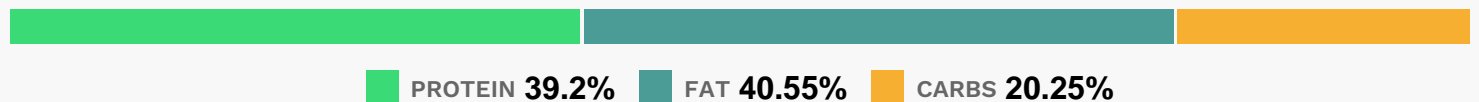
Equipment

- bowl
- frying pan
- oven
- broiler pan

Directions

- Set oven control to broil. Spray broiler pan rack with cooking spray; place lamb chops on rack in pan.
- Sprinkle chops with 1/4 teaspoon each of the salt and pepper.
- In small bowl, mix garlic, chopped rosemary, vinegar, preserves, and remaining 1/4 teaspoon each salt and pepper. Reserve half of preserves mixture for serving.
- Brush some of remaining half of the mixture over chops.
- Broil with tops 5 inches from heat 6 to 7 minutes, turning once and brushing with more preserves mixture, until of desired doneness.
- Garnish with rosemary sprigs.
- Serve with reserved preserves mixture.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:8.32, Inflammation Score:-2, Nutrition Score:14.902173926325%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.71kcal (16.09%), Fat: 13.98g (21.51%), Saturated Fat: 5g (31.22%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.44g (5.61%), Sugar: 11.29g (12.54%), Cholesterol: 99.79mg (33.26%), Sodium: 312.08mg (13.57%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 30.4g (60.8%), Vitamin B12: 3.6µg (59.97%), Selenium: 34.17µg (48.82%), Vitamin B3: 8.92mg (44.59%), Zinc: 5.78mg (38.51%), Phosphorus: 281mg (28.1%), Vitamin B2: 0.32mg (18.69%), Iron: 2.75mg (15.27%), Vitamin B6: 0.25mg (12.62%), Potassium: 435.57mg (12.44%), Vitamin B1: 0.19mg (12.38%), Magnesium: 40.7mg (10.18%), Vitamin B5: 0.99mg (9.92%), Copper: 0.19mg (9.72%), Folate: 33.91µg (8.48%), Manganese: 0.09mg (4.64%), Calcium: 27.62mg (2.76%), Vitamin C: 1.83mg (2.21%), Vitamin E: 0.31mg (2.08%), Fiber: 0.27g (1.06%)