



Cherry-Glazed Pan-Seared Lamb Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black divided
- 2 teaspoons bottled garlic minced
- 0.5 cup smucker's cherry preserves
- 2 teaspoons rosemary dried
- 4 ounce lamb loin chops trimmed
- 0.5 cup less-sodium beef broth fat-free
- 0.5 teaspoon salt

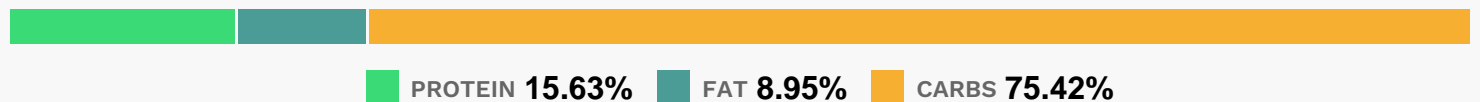
Equipment

- bowl
- frying pan
- paper towels

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Combine rosemary, salt, and 1/4 teaspoon pepper in a small bowl, stirring well. Rub spice mixture evenly over both sides of lamb.
- Add lamb to pan; cook 5 minutes on each side.
- Remove lamb from pan. Wipe pan clean with paper towels.
- Return pan to medium heat; recoat with cooking spray.
- Add garlic to pan; cook 30 seconds.
- Add remaining 1/4 teaspoon pepper and broth; cook 1 minute, scraping pan to loosen browned bits. Stir in preserves and vinegar; cook 3 minutes or until slightly thick. Return lamb to pan; turn to coat. Cook 1 minute or until desired degree of doneness.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:17.48, Inflammation Score:-1, Nutrition Score:4.3326086996366%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.11kcal (8.96%), Fat: 1.74g (2.68%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 32.41g (11.79%), Sugar: 23.02g (25.58%), Cholesterol: 18.71mg (6.24%), Sodium: 382.73mg (16.64%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Selenium: 7.91µg (11.3%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.88mg (9.41%), Phosphorus: 69.22mg (6.92%), Zinc: 0.98mg (6.51%), Manganese: 0.12mg (6%), Vitamin B2: 0.1mg (5.94%), Potassium: 202.7mg (5.79%), Vitamin C: 4.55mg (5.52%), Iron: 0.95mg (5.27%), Copper: 0.09mg (4.71%), Vitamin B6: 0.09mg (4.46%), Vitamin B1: 0.05mg (3.28%), Magnesium: 12.44mg (3.11%), Folate: 11.75µg (2.94%), Fiber: 0.6g (2.42%), Calcium: 22.66mg (2.27%), Vitamin B5: 0.21mg (2.14%)