



Chinese Char Siu Grilled Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder chinese
- ☐ 3 tablespoons hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 3 pounds lamb chops trimmed well
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons rice wine dry chinese (rice wine)
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar

☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk first 6 ingredients in small bowl.
- ☐ Transfer to large resealable plastic bag.
- ☐ Add lamb; seal bag and turn to coat. Marinate in refrigerator at least 4 hours or overnight.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Drain lamb, leaving some marinade clinging. Grill lamb until slightly charred and cooked to desired doneness, about 21/2 minutes per side for medium-rare.
- ☐ Transfer to platter.
- ☐ Stir honey and 1 tablespoon water in small skillet over medium heat until warm.
- ☐ Brush over lamb chops.

Nutrition Facts



Properties

Glycemic Index:23.73, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:23.937391221361%

Nutrients (% of daily need)

Calories: 440.4kcal (22.02%), Fat: 16.14g (24.83%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.97g (4.35%), Sugar: 10.08g (11.2%), Cholesterol: 171.81mg (57.27%), Sodium: 959.98mg (41.74%), Alcohol: 0.81g (100%), Alcohol %: 0.43% (100%), Protein: 57.14g (114.29%), Vitamin B12: 6.44µg (107.32%), Zinc: 10.63mg (70.89%), Vitamin B3: 12.03mg (60.17%), Vitamin B2: 0.88mg (51.99%), Phosphorus: 496.63mg

(49.66%), Vitamin B6: 0.96mg (47.87%), Selenium: 22.19µg (31.7%), Iron: 5.58mg (31.02%), Potassium: 757.72mg (21.65%), Vitamin B5: 2.05mg (20.48%), Copper: 0.38mg (19.07%), Vitamin B1: 0.28mg (18.69%), Magnesium: 59.6mg (14.9%), Manganese: 0.12mg (5.85%), Calcium: 35.79mg (3.58%), Fiber: 0.41g (1.63%)