



Chipotle Honey-Glazed Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chipotle chilies dried canned
- ☐ 3 tablespoons honey
- ☐ 8 lamb rib chops thick (each)
- ☐ 4 servings lime wedges
- ☐ 4 servings salt and pepper

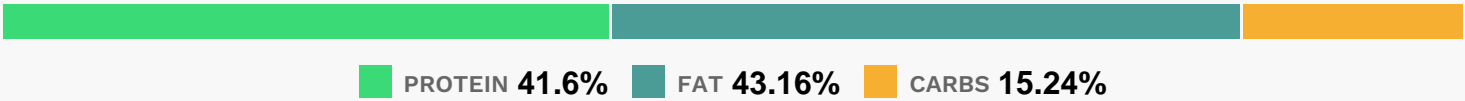
Equipment

- ☐ grill

Directions

- ☐ If chilies are dried, soak in about 1 cup hot water until soft, about 15 minutes. Wearing rubber gloves, remove chili stems and, for minimum heat, discard seeds and veins. Finely chop chilies and mix with honey.
- ☐ Trim excess fat off lamb.
- ☐ Lay chops on a grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook chops until lightly browned on each side and still pink in the center (cut to test), turning once, 5 to 6 minutes total.
- ☐ Brush tops of chops with honey mixture, turn over, and cook until glazed sides darken slightly, about 30 seconds (watch closely; honey glaze burns easily).
- ☐ Brush tops with remaining honey mixture, turn glazed sides down, and cook just until slightly darkened, another 30 seconds.
- ☐ Transfer meat to plates. Season to taste with salt, pepper, and lime juice squeezed from wedges.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:6.79, Inflammation Score:-3, Nutrition Score:21.684782990457%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 447.39kcal (22.37%), Fat: 21.09g (32.44%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 15.2g (5.53%), Sugar: 15.12g (16.8%), Cholesterol: 149.16mg (49.72%), Sodium: 361.67mg (15.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.73g (91.47%), Vitamin B12: 5.38µg (89.65%), Selenium: 50.53µg (72.18%), Vitamin B3: 13.33mg (66.66%), Zinc: 8.62mg (57.49%), Phosphorus: 409.87mg (40.99%), Vitamin B2: 0.46mg (26.95%), Iron: 3.85mg (21.38%), Vitamin B6: 0.37mg (18.29%), Vitamin B1: 0.27mg (18.1%), Potassium: 608.15mg (17.38%), Vitamin B5: 1.48mg (14.82%), Magnesium: 56.88mg (14.22%), Copper: 0.26mg (12.87%), Folate: 47.85µg (11.96%), Fiber: 1.56g (6.24%), Manganese: 0.07mg (3.37%), Vitamin E: 0.43mg (2.88%), Calcium: 28.51mg (2.85%)