



Cider-Glazed Lamb Chops



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 cup unfiltered apple cider
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ginger minced peeled
- ☐ 1 tablespoon mild honey
- ☐ 8 rib lamb chops (3/)
- ☐ 3 tablespoons rice vinegar (not seasoned)
- ☐ 1 scallion finely chopped
- ☐ 3 tablespoons soya sauce

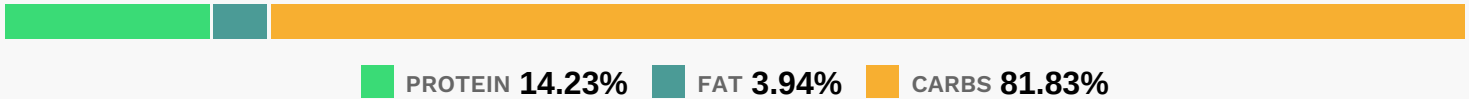
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Boil cider, ginger, garlic, soy sauce, vinegar, and honey in a small saucepan until reduced to about 1/4 cup, 10 to 12 minutes. Cool completely. Reserve 2 tablespoons glaze for drizzling.
- ☐ Preheat broiler.
- ☐ Pat lamb chops dry and sprinkle with 1/2 teaspoon salt (total). Arrange on rack of a broiler pan and brush top of chops with half of glaze. Broil 3 to 4 inches from heat 3 minutes. Turn over and brush with remaining glaze, then broil 3 to 4 minutes more for medium-rare.
- ☐ Transfer chops to a plate and drizzle with reserved glaze.
- ☐ Let stand 5 minutes, then sprinkle with scallion.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:58.76, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:2.6717391474091%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 66.84kcal (3.34%), Fat: 0.3g (0.46%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.45g (4.89%), Sugar: 10.39g (11.54%), Cholesterol: 1.7mg (0.57%), Sodium: 759.85mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Manganese: 0.2mg (10.09%), Vitamin K: 6.28µg

(5.98%), Vitamin B6: 0.11mg (5.26%), Potassium: 137.1mg (3.92%), Vitamin B3: 0.77mg (3.84%), Phosphorus: 35.53mg (3.55%), Iron: 0.6mg (3.34%), Vitamin C: 2.54mg (3.08%), Magnesium: 12.2mg (3.05%), Vitamin B2: 0.05mg (2.88%), Copper: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.24%), Calcium: 18.67mg (1.87%), Fiber: 0.47g (1.87%), Zinc: 0.26mg (1.71%), Selenium: 1.1µg (1.57%), Vitamin B5: 0.14mg (1.36%), Folate: 4.96µg (1.24%), Vitamin B12: 0.06µg (1.06%)