



Clinched Double-Cut Loin Lamb Chops

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 teaspoons pepper black divided freshly ground
- 0.3 teaspoon pepper red crushed
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 garlic cloves crushed peeled
- 0.5 teaspoon garlic salt
- 0.3 teaspoon ground pepper red

- 0.3 teaspoon kosher salt
- 0.8 teaspoon kosher salt divided
- 4 pound double-cut lamb chops thick trimmed
- 1 tablespoon juice of lemon
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 1 bunch rosemary sprigs
- 1 bunch sage sprigs
- 1 bunch thyme sprigs
- 1 teaspoon butter unsalted

Equipment

- bowl
- sauce pan
- wooden spoon
- grill
- kitchen thermometer
- cutting board

Directions

- To prepare basting liquid, combine first 8 ingredients in a saucepan. Bring to a simmer over medium heat.
- Remove from heat; stir in juice.
- Let stand 1 hour.
- Preheat a charcoal fire to high heat.
- Let burn 30 minutes or until flames subside and the coals are glowing.
- Spread coals to an even 4-inch thickness; fan excess ash from coals with a piece of cardboard.

- Tie herb sprig bunches tightly to the handle of a long wooden spoon.
- Combine 1 teaspoon black pepper, 1/2 teaspoon salt, garlic salt, and red pepper in a small bowl. Rub lamb chops with spice mixture.
- Let stand 10 minutes.
- Place lamb chops directly on the coals, and grill for 3 minutes, without moving, basting occasionally with basting liquid using herb brush. Turn lamb, baste, and cook 3 minutes. Repeat process twice; cook until a thermometer registers 120 or until desired degree of doneness. Singe herbs for 5 seconds after final basting. Finely chop herbs; reserve.
- Combine parsley, 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/2 teaspoon black pepper, and reserved chopped herbs on a cutting board.
- Add lamb to oil mixture; turn to coat.
- Let stand 5 minutes.
- Remove lamb from bones; discard bones.
- Cut lamb across grain into thin slices. Turn slices on board dressing to coat.
- Serve lamb with dressing.

Nutrition Facts

PROTEIN 47.59% **FAT 50.93%** **CARBS 1.48%**

Properties

Glycemic Index:40.38, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:29.633913164391%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 483.04kcal (24.15%), Fat: 26.69g (41.05%), Saturated Fat: 8.19g (51.17%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.09g (0.1%), Cholesterol: 172.92mg (57.64%), Sodium: 571.78mg (24.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.11g (112.21%), Copper: 4.22mg (210.79%), Vitamin B12: 6.44µg (107.33%), Zinc: 10.61mg (70.75%), Vitamin B3: 11.63mg (58.15%), Vitamin B2: 0.86mg (50.72%),

Phosphorus: 484.43mg (48.44%), Vitamin B6: 0.96mg (47.95%), Iron: 5.71mg (31.75%), Selenium: 22.03µg (31.47%),
Vitamin K: 24.35µg (23.19%), Potassium: 753.73mg (21.54%), Vitamin B5: 2.03mg (20.26%), Vitamin B1: 0.28mg
(18.86%), Magnesium: 59.69mg (14.92%), Manganese: 0.28mg (13.94%), Vitamin E: 1.57mg (10.48%), Vitamin C:
4.81mg (5.83%), Calcium: 51.88mg (5.19%), Vitamin A: 222.62IU (4.45%), Fiber: 0.67g (2.68%)