



Dirty Piggy-Back Lamb

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 8 ounce mushrooms fresh sliced
- 4 lamb blade chops
- 2 tablespoons olive oil
- 1 teaspoon cracked peppercorns black
- 4 servings lawry's seasoned salt to taste

Equipment

- frying pan

grill

Directions

- Preheat a grill for high heat.
- While the grill warms up, heat the olive oil in a large skillet over medium heat.
- Add the mushrooms; cook and stir until tender. Set aside.
- Season the bacon slices with pepper, and place them on the grill. Cook bacon until crisp, turning once, then set aside. Season the lamb chops with seasoned salt, and place them on the grill. Cook to your desired degree of doneness, about 3 minutes per side for medium.
- Serve each chop with two slices of bacon over it, and top with the sliced mushrooms.

Nutrition Facts

 **PROTEIN 36.61%**  **FAT 61.07%**  **CARBS 2.32%**

Properties

Glycemic Index:16, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:24.516956414865%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 545.04kcal (27.25%), Fat: 36.49g (56.14%), Saturated Fat: 11.64g (72.75%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.13g (1.26%), Cholesterol: 157.65mg (52.55%), Sodium: 588.12mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.22g (98.45%), Vitamin B12: 5.07µg (84.49%), Vitamin B3: 12.49mg (62.46%), Zinc: 8.71mg (58.07%), Vitamin B2: 0.9mg (53%), Phosphorus: 472.44mg (47.24%), Vitamin B6: 0.88mg (43.76%), Selenium: 30.51µg (43.59%), Vitamin B5: 2.61mg (26.06%), Vitamin B1: 0.37mg (24.85%), Iron: 4.36mg (24.24%), Copper: 0.48mg (23.77%), Potassium: 817.75mg (23.36%), Magnesium: 51.61mg (12.9%), Manganese: 0.19mg (9.75%), Vitamin E: 1.21mg (8.1%), Vitamin K: 6.01µg (5.73%), Fiber: 0.85g (3.38%), Calcium: 28.63mg (2.86%), Folate: 9.83µg (2.46%), Vitamin D: 0.29µg (1.93%), Vitamin C: 1.19mg (1.44%)