



## Easy Baked Lamb Chops

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

### Ingredients

- 14 ounce canned tomatoes diced undrained canned
- 1 tablespoon flour all-purpose
- 2 ounce lamb rib chops
- 8 ounce mushrooms sliced
- 1 ounce onion soup mix
- 0.3 teaspoon pepper
- 1 bell pepper red thinly sliced
- 0.5 teaspoon salt

1 tablespoon steak sauce

## Equipment

frying pan

oven

aluminum foil

## Directions

Combine first 3 ingredients; set aside.

Tear off 1 (28- x 18-inch) heavy-duty aluminum foil sheet.

Place in a 13- x 9-inch pan.

Place chops in pan; sprinkle evenly with flour mixture. Top with soup mix and next 4 ingredients.

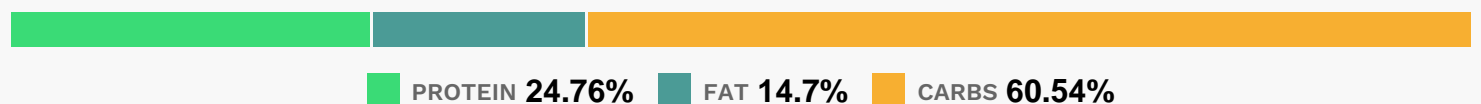
Bring up 2 long sides of foil sheet, and double-fold with about 1-inch-wide folds. Double-fold each end to form a packet, leaving room for heat to circulate inside packet.

Bake at 375 for 45 minutes.

\*12 loin chops may be substituted for rib chops.

Bake 10 more minutes or to desired degree of doneness.

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:9.8834780506466%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 71.59kcal (3.58%), Fat: 1.28g (1.97%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 9.43g (3.43%), Sugar: 4.96g (5.51%), Cholesterol: 6.24mg (2.08%), Sodium: 711.34mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin C: 32.6mg (39.51%), Vitamin B3: 3.09mg

(15.45%), Vitamin A: 771.74IU (15.43%), Vitamin B2: 0.24mg (14.28%), Copper: 0.28mg (13.98%), Potassium: 425.26mg (12.15%), Vitamin B6: 0.24mg (12.11%), Manganese: 0.22mg (10.94%), Fiber: 2.46g (9.82%), Selenium: 6.72µg (9.61%), Vitamin B5: 0.92mg (9.21%), Phosphorus: 88.21mg (8.82%), Vitamin B1: 0.13mg (8.41%), Iron: 1.45mg (8.07%), Vitamin E: 1.2mg (7.99%), Folate: 28.63µg (7.16%), Magnesium: 25.06mg (6.26%), Zinc: 0.86mg (5.7%), Vitamin K: 4.74µg (4.51%), Vitamin B12: 0.24µg (4%), Calcium: 34.06mg (3.41%)