



Garlic and Herb Crusted Lamb Chops

 Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs rosemary fresh
- ☐ 6 large cloves garlic quartered
- ☐ 0.3 cup grapeseed oil
- ☐ 6 to 8 loin lamb chops
- ☐ 0.3 cup olive oil
- ☐ 2 cups panko bread crumbs (Japanese)
- ☐ 8 servings salt and pepper black freshly ground

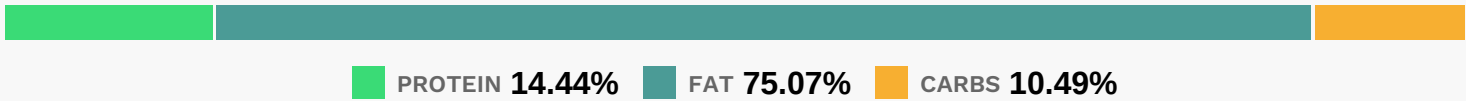
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Place the garlic, bread crumbs, and rosemary in a food processor and pulse for a few seconds to chop, then add enough olive oil until a paste is formed. Season with salt and pepper. Press paste firmly onto surface of lamb chops.
- ☐ Heat grapeseed oil over medium heat in a saute pan and brown each side of the chops, leaving undisturbed for the first 2 minutes to allow the crust to integrate into the meat.
- ☐ Place on a baking sheet and finish in the oven, for approximately 6 to 8 additional minutes.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:10.890000080609%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 445.52kcal (22.28%), Fat: 36.94g (56.84%), Saturated Fat: 11.74g (73.36%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 10.86g (3.95%), Sugar: 0.95g (1.06%), Cholesterol: 62.72mg (20.91%), Sodium: 157.81mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin B3: 6.5mg (32.48%), Vitamin B12: 1.78µg (29.69%), Selenium: 20.12µg (28.75%), Vitamin E: 3.1mg (20.68%), Vitamin B1: 0.24mg (16.19%), Zinc: 2.39mg (15.93%), Phosphorus: 157.2mg (15.72%), Vitamin B2: 0.24mg (14.18%), Iron: 2.18mg (12.1%), Manganese: 0.2mg (10.19%), Vitamin B6: 0.16mg (7.83%), Folate: 30.58µg (7.65%), Copper: 0.14mg (6.77%), Potassium: 221.43mg (6.33%), Vitamin B5: 0.63mg (6.32%), Magnesium: 25.02mg (6.25%), Vitamin K: 5.26µg (5.01%), Calcium:

44.86mg (4.49%), Fiber: 0.75g (3.01%)