



Garlic-Grilled Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 0.3 teaspoon mustard dry
- ☐ 3 cloves garlic minced
- ☐ 2 teaspoons ground ginger
- ☐ 3 tablespoons honey
- ☐ 6 lamb sirloin chops 1-inch-thick
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup soya sauce

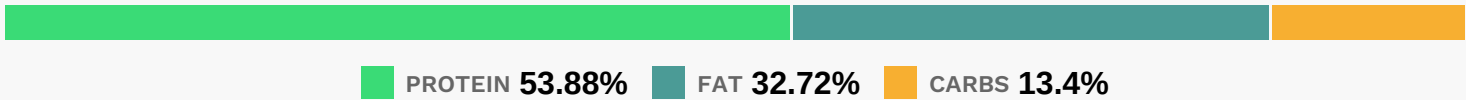
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place lamb chops in a heavy-duty zip-top plastic bag or shallow dish.
- ☐ Combine soy sauce and remaining ingredients; stir well.
- ☐ Pour over chops. Seal or cover, and marinate in refrigerator at least 8 hours.
- ☐ Remove chops from marinade, reserving marinade. Bring marinade to a boil in a small saucepan; set aside.
- ☐ Grill chops, covered with grill lid, over medium coals (300 to 350°F)
- ☐ to 10 minutes on each side or to desired doneness, basting often with marinade.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:4.87, Inflammation Score:-1, Nutrition Score:19.638695705034%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 337.25kcal (16.86%), Fat: 11.89g (18.29%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.63g (3.87%), Sugar: 9.07g (10.08%), Cholesterol: 128.6mg (42.87%), Sodium: 1181.7mg (51.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.05g (88.11%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.04mg (53.63%), Vitamin B3: 9.52mg (47.59%), Vitamin B2: 0.67mg (39.53%), Phosphorus: 389.96mg (39%), Vitamin B6: 0.76mg (38.03%), Iron: 4.47mg (24.83%), Selenium: 17.36µg (24.8%), Manganese: 0.44mg (21.85%), Potassium: 613.13mg (17.52%), Vitamin B5: 1.59mg (15.92%), Copper: 0.3mg (15.13%), Vitamin B1: 0.22mg (14.65%), Magnesium: 50.53mg (12.63%), Calcium: 29.63mg (2.96%), Fiber: 0.33g (1.33%)