



Garlic-Rosemary Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1.5 teaspoons rosemary dried crushed
- ☐ 4 ounce lamb rib chops trimmed
- ☐ 0.3 teaspoon salt

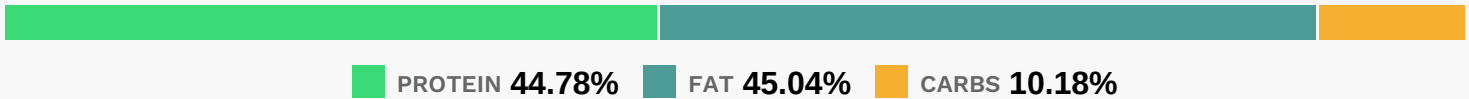
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare broiler.
- ☐ Combine first 4 ingredients; rub over lamb.
- ☐ Spread garlic mixture evenly over chops.
- ☐ Place lamb on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:3.2865217059203%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 53.94kcal (2.7%), Fat: 2.65g (4.07%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.04g (0.04%), Cholesterol: 18.71mg (6.24%), Sodium: 166.44mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin B12: 0.67µg (11.25%), Selenium: 6.86µg (9.8%), Vitamin B3: 1.7mg (8.49%), Zinc: 1.12mg (7.49%), Phosphorus: 57.27mg (5.73%), Vitamin B6: 0.09mg (4.64%), Manganese: 0.09mg (4.33%), Vitamin B2: 0.06mg (3.6%), Iron: 0.56mg (3.12%), Vitamin B1: 0.04mg (2.79%), Potassium: 92.21mg (2.63%), Copper: 0.04mg (2.23%), Magnesium: 8.32mg (2.08%), Vitamin B5: 0.21mg (2.08%), Folate: 6.2µg (1.55%), Vitamin C: 1.19mg (1.45%), Calcium: 11.31mg (1.13%)