



Glazed Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cooking wine dry red
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 4 garlic cloves chopped
- ☐ 2 tablespoons honey
- ☐ 2 ounce lamb rib chops
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 1.5 tablespoons oregano fresh minced

- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 shallots chopped

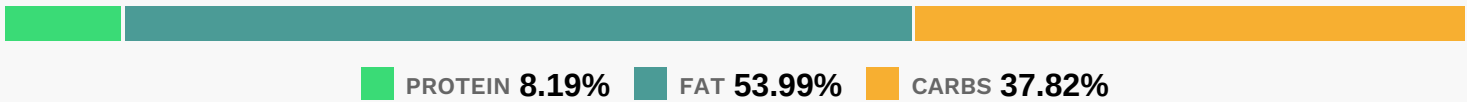
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Whisk together first 7 ingredients in a small bowl.
- ☐ Pour mixture into a large heavy-duty zip-top plastic bag, reserving 1/4 cup; add lamb chops. Seal bag, and chill 2 hours.
- ☐ Remove chops from marinade, discarding marinade.
- ☐ Sprinkle with salt and pepper.
- ☐ Place chops on a lightly greased rack in a broiler pan.
- ☐ Stir together reserved 1/4 cup wine mixture and honey.
- ☐ Broil chops 3 inches from heat (with electric oven door partially open) 5 minutes on each side or to desired degree of doneness, basting with honey mixture after 3 minutes.
- ☐ * 12 loin chops may be substituted for rib chops. Broil loin chops 3 more minutes on each side or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:4.4760869223139%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 150.23kcal (7.51%), Fat: 8.03g (12.35%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.33g (4.12%), Sugar: 8.29g (9.21%), Cholesterol: 6.24mg (2.08%), Sodium: 397.83mg (17.3%), Alcohol: 3.15g (100%), Alcohol %: 4.48% (100%), Protein: 2.74g (5.48%), Vitamin K: 12.71µg (12.11%), Vitamin C: 9.06mg (10.98%), Manganese: 0.2mg (10.21%), Vitamin E: 1.27mg (8.48%), Vitamin B6: 0.12mg (6.04%), Iron: 1.03mg (5.71%), Fiber: 1.33g (5.31%), Potassium: 144.71mg (4.13%), Folate: 15.73µg (3.93%), Selenium: 2.73µg (3.91%), Vitamin B12: 0.22µg (3.75%), Vitamin B3: 0.74mg (3.68%), Calcium: 36.72mg (3.67%), Phosphorus: 35.6mg (3.56%), Zinc: 0.52mg (3.44%), Magnesium: 12.58mg (3.14%), Copper: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.7%), Vitamin B2: 0.04mg (2.32%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 70.98IU (1.42%)