



## Gorgonzola Crusted Grilled Lamb Chops

READY IN



15 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

### Ingredients

- 0.5 cup bread crumbs italian
- 1 tablespoon freshly cilantro leaves chopped
- 2 tablespoons garlic minced
- 0.8 cup gorgonzola crumbled
- 2 racks lamb rib chops
- 0.3 cup olive oil extra-virgin
- 2 tablespoons freshly oregano leaves chopped
- 1 tablespoon freshly cracked pepper black plus more for bread crumbs
- 1 tablespoon sea salt

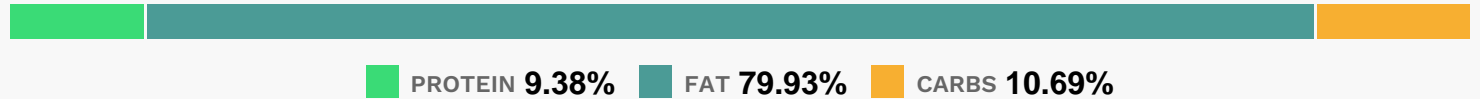
## Equipment

- bowl
- grill

## Directions

- Watch how to make this recipe.
- Preheat the grill over medium heat.
- In a medium bowl, add the olive oil, pepper, salt, oregano, and toss together.
- Cut the racks into chops and add them to the oil mixture. Turning them to coat well.
- In a separate bowl, add the cheese, bread crumbs, garlic, cilantro and a pinch of black pepper.
- Mix gently.
- Remove the chops from the marinade and arrange them on the grill. Grill for 1 1/2 to 2 minutes. Flip and top each chop with a heaping tablespoon of the bread crumb mixture. Close the lid of the grill and cook until desired doneness, about 2 to 4 minutes.
- Transfer to a serving platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:4.6282608651597%

## Flavonoids

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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 153.92kcal (7.7%), Fat: 14.03g (21.58%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.89g (0.99%), Cholesterol: 10.81mg (3.6%), Sodium: 1335.35mg (58.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Vitamin K: 18.01µg (17.15%), Manganese: 0.26mg

(13%), Calcium: 111.35mg (11.13%), Vitamin E: 1.65mg (11%), Phosphorus: 64.29mg (6.43%), Iron: 0.92mg (5.09%), Fiber: 1.1g (4.4%), Vitamin B2: 0.07mg (4.14%), Vitamin B6: 0.08mg (3.87%), Selenium: 2.63µg (3.76%), Zinc: 0.48mg (3.23%), Vitamin B12: 0.18µg (3%), Vitamin A: 146.33IU (2.93%), Vitamin B5: 0.29mg (2.92%), Folate: 10.87µg (2.72%), Magnesium: 10.65mg (2.66%), Potassium: 87.77mg (2.51%), Copper: 0.04mg (1.94%), Vitamin B3: 0.38mg (1.88%), Vitamin B1: 0.02mg (1.14%), Vitamin C: 0.89mg (1.08%)