



Greek Lamb Chops

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz lamb shoulder
- 1 teaspoon oregano dried
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon garlic clove finely chopped
- 1 tablespoon vegetable oil
- 0.5 cup chicken broth
- 1 tablespoon juice of lemon

- 1 tablespoon butter
- 0.3 cup olives pitted ripe sliced
- 2 tablespoons parsley fresh chopped
- 2 tablespoons feta cheese crumbled

Equipment

- frying pan

Directions

- Sprinkle both sides of lamb with oregano, salt and pepper. Press garlic into lamb.
- In 12-inch skillet, heat oil over medium-high heat. Cook lamb in oil 4 to 6 minutes, turning once, until brown.
- Add broth to skillet; reduce heat to medium-low. Cover and cook 8 to 10 minutes, turning once, until lamb is tender.
- Remove lamb from skillet; keep warm.
- Heat liquid in skillet to boiling. Boil 1 to 2 minutes or until slightly reduced. Stir in lemon juice and butter. Cook and stir just until slightly thickened. Stir in olives and parsley. Spoon sauce over lamb. Top with cheese.

Nutrition Facts

PROTEIN 39.11% **FAT 57.03%** **CARBS 3.86%**

Properties

Glycemic Index:31.5, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:15.343478274734%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 239.36kcal (11.97%), Fat: 15.03g (23.12%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.32g (0.36%), Cholesterol: 76.74mg (25.58%), Sodium: 591.44mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.39%), Vitamin B12: 3.01µg (50.24%), Vitamin K: 42.67µg (40.64%), Selenium: 26.11µg (37.3%), Vitamin B3: 6.67mg (33.34%), Zinc: 4.78mg (31.85%), Phosphorus: 235.74mg (23.57%), Vitamin B2: 0.34mg (20.3%), Iron: 2.34mg (13%), Vitamin B6: 0.23mg (11.68%), Vitamin B1: 0.16mg (10.51%), Potassium: 354.08mg (10.12%), Vitamin B5: 0.89mg (8.92%), Folate: 33.78µg (8.45%), Magnesium: 33.02mg (8.26%), Copper: 0.16mg (7.8%), Calcium: 76.61mg (7.66%), Vitamin A: 372.89IU (7.46%), Vitamin E: 1.09mg (7.24%), Manganese: 0.12mg (6%), Vitamin C: 4.75mg (5.76%), Fiber: 0.64g (2.57%)