

Grilled Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons sherry dry
- ☐ 4 garlic clove thinly sliced
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 3 tablespoons oregano dried
- ☐ 1 teaspoon salt

Equipment

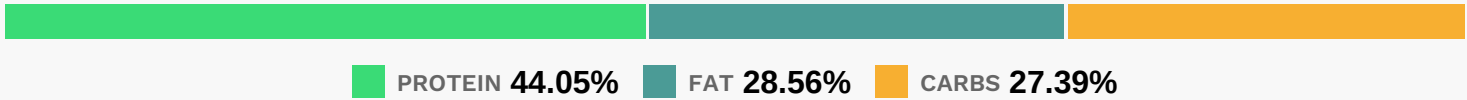
- ☐ grill

- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine the first 3 ingredients; sprinkle evenly over lamb.
- ☐ Place lamb in a heavy-duty zip-top plastic bag.
- ☐ Add garlic and sherry; seal bag, turning to coat. Marinate in refrigerator 3 hours, turning occasionally.
- ☐ Prepare grill or broiler.
- ☐ Place lamb on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:6.4986956223198%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 64.8kcal (3.24%), Fat: 1.87g (2.87%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.29g (0.33%), Cholesterol: 18.71mg (6.24%), Sodium: 602.71mg (26.2%), Alcohol: 1.16g (100%), Alcohol %: 3.05% (100%), Protein: 6.48g (12.96%), Vitamin K: 23.82µg (22.68%), Manganese: 0.29mg (14.53%), Iron: 2.03mg (11.29%), Selenium: 7.31µg (10.44%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 2.06mg (10.28%), Calcium: 71.2mg (7.12%), Zinc: 1.06mg (7.05%), Fiber: 1.72g (6.88%), Phosphorus: 66.42mg (6.64%), Vitamin B6: 0.13mg (6.54%), Vitamin B2: 0.09mg (5.32%), Magnesium: 20.1mg (5.02%), Vitamin E: 0.74mg

(4.96%), Potassium: 148.95mg (4.26%), Folate: 15.94µg (3.98%), Copper: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 65.43IU (1.31%), Vitamin C: 1.02mg (1.24%)