



Grilled Lamb Chops Dijon

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon capers
- 1 teaspoon dijon mustard
- 2 teaspoons rosemary dried crushed
- 2 tablespoons cooking wine dry red
- 1 tablespoon garlic chopped
- 0.1 teaspoon hot sauce
- 10 ounce lamb loin chops lean (3/)
- 0.5 teaspoon juice of lemon

- 2 tablespoons nonfat yogurt plain
- 2 tablespoons water

Equipment

- grill
- ziploc bags

Directions

- Trim fat from lamb chops; place chops in a small heavy-duty, zip-top plastic bag.
- Combine wine and next 3 ingredients; pour over chops. Seal bag, and shake until chops are well coated. Marinate in refrigerator 8 hours, turning bag occasionally.
- Remove chops from bag, discarding marinade. Coat grill rack with cooking spray, and place on grill over medium-hot coals (350 to 400).
- Place chops on rack; grill, covered, 10 minutes on each side or to desired degree of doneness.
- Transfer to serving plates, and keep warm.
- Combine yogurt and remaining ingredients, stirring well. Spoon yogurt mixture over chops.

Nutrition Facts



PROTEIN 57.62% **FAT 35.75%** **CARBS 6.63%**

Properties

Glycemic Index:66, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:15.480434891322%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 234.7kcal (11.73%), Fat: 8.59g (13.21%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.65g (1.83%), Cholesterol: 93.95mg (31.32%), Sodium: 175.08mg (7.61%), Alcohol: 1.58g (100%), Alcohol %: 0.99% (100%), Protein: 31.15g (62.3%), Vitamin B12: 3.25µg (54.24%), Selenium: 35.61µg (50.87%), Vitamin B3: 9.3mg (46.52%), Zinc: 4.79mg (31.91%), Phosphorus: 309.84mg (30.98%), Vitamin B2: 0.38mg (22.42%), Iron: 2.88mg (16.01%), Vitamin B6: 0.31mg (15.29%), Vitamin B1: 0.21mg (13.85%), Potassium: 465.02mg (13.29%), Magnesium: 45.06mg (11.26%), Vitamin B5: 1.1mg (10.97%), Copper: 0.21mg (10.26%), Folate: 37.52µg (9.38%), Calcium: 67.85mg (6.78%), Manganese: 0.12mg (5.76%), Vitamin C: 2.21mg (2.68%), Vitamin E: 0.29mg (1.95%), Fiber: 0.27g (1.08%)