



Grilled Lamb Chops, Heirloom Beans & Tomatoes with Warm Bacon Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slice bacon thick cut
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 6 unknown heirloom tomatoes cut into wedges
- ☐ 8 lamb chops
- ☐ 1 pound heirloom beans such as wax, or green bean styles assorted
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoon red wine vinegar

- ☐ 4 servings salt and pepper as needed
- ☐ 1 teaspoon sugar

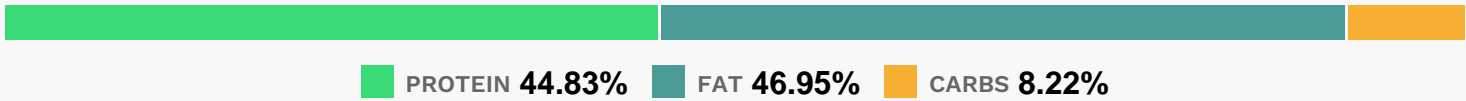
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat the grill to medium heat.
- ☐ Sprinkle chops with salt and the lightly crushed peppercorns, and grill until barely cooked through, 3 to 4 minutes per side.
- ☐ Serve warm or at room temperature with the green beans and tomatoes.Preheat the oven to 375 degrees F.
- ☐ Spread the pine nuts in a shallow pan and toast in the oven about 10 minutes, until golden.In a large pan of salted water, cook the beans, stirring once, until just tender. About 4 minutes.
- ☐ Drain immediately and run under cool water to stop the cooking.
- ☐ Drain and dry the beans arranging them on a serving platter.
- ☐ Place the tomato wedges around the edges, and top this arrangement with the lamb chops.Meanwhile in a small skillet, cook the bacon over low heat until crisp and golden, about 10 minutes.
- ☐ Pour off all but about 2 tablespoons of the fat and add the oil to the skillet. Stir in the vinegar, sugar, and a big pinch of salt and pepper, Stir to incorporate well.
- ☐ Pour the mixture on top of the lamb and beans.
- ☐ Garnish with pine nuts and serve while the Vinaigrette is still warm.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:4.11, Inflammation Score:-9, Nutrition Score:44.835652204959%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 816.79kcal (40.84%), Fat: 41.85g (64.38%), Saturated Fat: 13.45g (84.08%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 12.57g (4.57%), Sugar: 5.85g (6.5%), Cholesterol: 269.09mg (89.7%), Sodium: 529.81mg (23.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.89g (179.78%), Vitamin B12: 9.74µg (162.38%), Zinc: 16.75mg (111.66%), Vitamin B3: 19.14mg (95.72%), Phosphorus: 831.35mg (83.14%), Vitamin B6: 1.59mg (79.37%), Vitamin B2: 1.32mg (77.69%), Vitamin C: 49.15mg (59.57%), Iron: 9.44mg (52.42%), Selenium: 36.31µg (51.86%), Potassium: 1785.66mg (51.02%), Copper: 0.72mg (36.03%), Folate: 141.07µg (35.27%), Vitamin B1: 0.53mg (35.1%), Magnesium: 132.2mg (33.05%), Vitamin B5: 3.26mg (32.6%), Vitamin A: 1543.55IU (30.87%), Vitamin K: 20.9µg (19.9%), Vitamin E: 2.59mg (17.24%), Fiber: 3.91g (15.66%), Manganese: 0.26mg (13.17%), Calcium: 110.63mg (11.06%)