



Grilled Lamb Chops with Cranberry Sauce and Cranberry-Serrano Chutney

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 1 teaspoon peppercorns whole black
- 4 cups enriched home-made chicken stock
- 8 servings chives finely chopped
- 0.3 cup freshly cilantro leaves chopped
- 1 leaves cilantro garnish
- 3 cups cranberries divided

- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1 tablespoon ginger fresh grated
- 1 clove garlic finely chopped
- 0.5 cup granulated sugar
- 2 tablespoons honey
- 4 ounce porterhouse lamb chops
- 0.5 cup brown sugar light
- 8 servings olive oil
- 1 medium onion diced red finely
- 0.3 cup red wine
- 0.5 cup red wine vinegar
- 8 servings salt
- 1 serrano chile diced finely
- 1 cup water

Equipment

- sauce pan
- grill
- grill pan

Directions

- Combine the sugar, honey, 2 cups of cranberries and 1 cup of water in a medium saucepan and cook over medium-high heat until the cranberries pop and become soft and the mixture thickens slightly. Stir in the onion, ginger, chile, garlic, season with salt and pepper and cook until thick about 8 minutes.
- Remove from the heat and stir in the remaining cranberries and cilantro.
- Serve warm or at room temperature.
- Bring cranberry juice, vinegar and wine to a boil in a large saucepan, stir in the sugar and cook until the mixture is reduced by half.

- Add the chicken stock and peppercorns and cook until reduced to about 1 1/2 cups (or sauce consistency). Strain the sauce and season with salt. Keep warm.
- Heat the grill to high or a grill pan over high heat.
- Brush chops on both sides with oil and season with salt and pepper. Grill until golden brown on both sides and cooked to medium doneness, about 6 minutes total.
- Remove lamb from the grill, loosely tent and let rest 5 minutes before serving.
- Serve on a plater with cranberry chutney and cranberry sauce.
- Garnish with fresh cilantro.

Nutrition Facts



■ **PROTEIN 7.77%**
■ **FAT 39.94%**
■ **CARBS 52.29%**

Properties

Glycemic Index:60.42, Glycemic Load:17.14, Inflammation Score:-4, Nutrition Score:8.3665217316669%

Flavonoids

Cyanidin: 17.43mg, Cyanidin: 17.43mg, Cyanidin: 17.43mg, Cyanidin: 17.43mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 3.03mg, Delphinidin: 3.03mg, Delphinidin: 3.03mg, Delphinidin: 3.03mg Malvidin: 1.2mg, Malvidin: 1.2mg, Malvidin: 1.2mg, Malvidin: 1.2mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.53mg, Peonidin: 18.53mg, Peonidin: 18.53mg, Peonidin: 18.53mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.53mg, Myricetin: 2.53mg, Myricetin: 2.53mg, Myricetin: 2.53mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 371.64kcal (18.58%), Fat: 16.65g (25.62%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 47.13g (17.14%), Sugar: 41.98g (46.64%), Cholesterol: 14.32mg (4.77%), Sodium: 384.42mg (16.71%), Alcohol: 0.8g (100%), Alcohol %: 0.29% (100%), Protein: 7.29g (14.58%), Vitamin E: 3.34mg (22.27%), Vitamin K: 19.08µg (18.17%), Vitamin C: 13.74mg (16.65%), Manganese: 0.28mg (14.22%), Vitamin B3: 2.81mg

(14.05%), Vitamin B6: 0.23mg (11.36%), Vitamin B2: 0.19mg (11.11%), Potassium: 328.51mg (9.39%), Copper: 0.18mg (8.99%), Phosphorus: 85.39mg (8.54%), Fiber: 1.92g (7.67%), Iron: 1.25mg (6.97%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.4µg (6.71%), Selenium: 4.58µg (6.54%), Vitamin B1: 0.08mg (5.28%), Magnesium: 20.97mg (5.24%), Calcium: 36.08mg (3.61%), Vitamin A: 151.31IU (3.03%), Vitamin B5: 0.3mg (2.98%), Folate: 11.77µg (2.94%)