



Grilled Lamb Chops with Lavender Salt

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves halved
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons lavender flowers dried
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 tablespoon olive oil

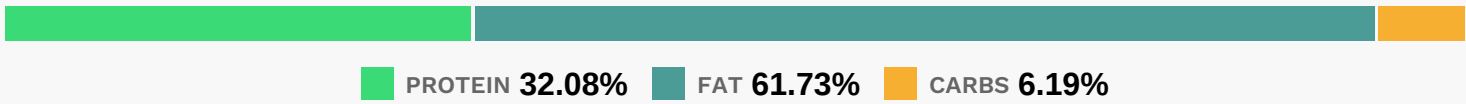
Equipment

- ☐ frying pan

Directions

- ☐ Place salt and lavender in a spice or coffee grinder; process until ground.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; cook 2 minutes or until golden.
- ☐ Remove garlic from pan; discard.
- ☐ Sprinkle 1 teaspoon salt mixture and pepper over chops.
- ☐ Add chops to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with additional lavender salt, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:3.5108695393023%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 76.68kcal (3.83%), Fat: 5.23g (8.04%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.02g (0.03%), Cholesterol: 18.71mg (6.24%), Sodium: 1763.89mg (76.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Vitamin B12: 0.63µg (10.44%), Selenium: 7.03µg (10.04%), Vitamin B3: 1.86mg (9.32%), Zinc: 0.94mg (6.25%), Phosphorus: 57.7mg (5.77%), Manganese: 0.08mg (4.04%), Vitamin B2: 0.07mg (4.01%), Vitamin B6: 0.08mg (3.84%), Iron: 0.69mg (3.82%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.04mg (2.77%), Potassium: 90.98mg (2.6%), Vitamin K: 2.55µg (2.43%), Copper: 0.05mg (2.38%), Magnesium: 8.69mg (2.17%), Vitamin B5: 0.2mg (2.04%), Folate: 6.91µg (1.73%), Calcium: 15.2mg (1.52%), Vitamin C: 1mg (1.21%)