



Grilled Lamb Chops with Mustard Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings chives chopped for garnish
- ☐ 0.5 cup dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup catsup
- ☐ 4 ounce porterhouse lamb chops
- ☐ 2 tablespoons maple syrup

- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons rice wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings hawaiian sea salt for garnish
- ☐ 0.3 cup sherry vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the mustard, vinegar, ketchup, molasses, honey, maple syrup and rice wine vinegar in a small bowl and season with salt and pepper, to taste. Cover and let sit at room temperature for at least 30 minutes before serving. Can be made 2 days in advance and stored in the refrigerator.
- ☐ Preheat the grill to high or a grill pan over high heat. Season the lamb on both sides with salt and pepper, to taste and brush with canola oil.
- ☐ Put the chops on the grill and cook until golden brown and slightly charred, 3 to 4 minutes.
- ☐ Brush with the sauce, then turn the chops over and continue grilling to medium doneness, 2 to 3 minutes more, brushing the top with more of the sauce.
- ☐ Remove the chops from the grill to a serving platter.
- ☐ Brush with more of the sauce and let rest for 5 minutes.
- ☐ Garnish with sea salt and chives.
- ☐ Serve 2 chops per person.

Nutrition Facts



 **PROTEIN 11.11%**  **FAT 29.4%**  **CARBS 59.49%**

Properties

Glycemic Index:72.94, Glycemic Load:18.61, Inflammation Score:-4, Nutrition Score:10.83347826937%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 300.77kcal (15.04%), Fat: 10.07g (15.49%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 44.36g (16.13%), Sugar: 42.78g (47.53%), Cholesterol: 21.45mg (7.15%), Sodium: 699.81mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Manganese: 0.75mg (37.29%), Selenium: 17.39µg (24.84%), Magnesium: 78.22mg (19.55%), Vitamin B2: 0.29mg (16.95%), Vitamin B6: 0.31mg (15.46%), Potassium: 529.5mg (15.13%), Vitamin B12: 0.8µg (13.41%), Iron: 2.36mg (13.13%), Zinc: 1.73mg (11.53%), Phosphorus: 106.94mg (10.69%), Vitamin E: 1.56mg (10.37%), Vitamin B3: 2.07mg (10.35%), Copper: 0.19mg (9.73%), Calcium: 83.35mg (8.33%), Vitamin K: 8.2µg (7.81%), Vitamin B1: 0.11mg (7.38%), Fiber: 1.48g (5.9%), Vitamin B5: 0.54mg (5.39%), Vitamin A: 143.13IU (2.86%), Vitamin C: 1.5mg (1.82%), Folate: 5.02µg (1.25%)