



Grilled Lamb Chops with Olive Tapenade



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



2 sprigs mint leaves fresh roughly chopped



2 sprigs parsley fresh roughly chopped



2 sprigs rosemary fresh roughly chopped



2 sprigs thyme leaves fresh roughly chopped



0.5 teaspoon kosher salt



8 t-bone lamb chops ()



1 optional: lemon cut in half and squeezed

- ☐ 0.5 cup olive oil extra-virgin for grilling
- ☐ 4 rounds freshly cracked pepper black

Equipment

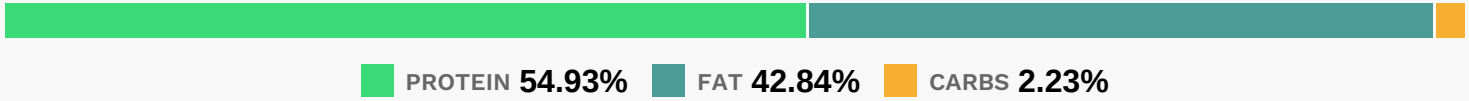
- ☐ food processor
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ grill
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ For the marinade: With a sharp knife, clean the chops, trimming away the excess fat cap and any bone fragments. In a medium mixing bowl, combine the mint, parsley, rosemary, thyme, lemon juice, bay leaf, salt and pepper with the olive oil.
- ☐ Place the lamb chops into large resealable plastic bag and pour the marinade over the top. Marinate for up to an hour.
- ☐ For the tapenade: In a food processor, pulse together the olives, orange zest, parsley, anchovy and chile until coarsely chopped.
- ☐ Drizzle in the olive oil and orange juice while continuing to pulse for about a minute, until the ingredients are incorporated and the tapenade is a coarse paste. Do not over process. Season with salt and pepper.
- ☐ For the t-bone lamb chops: Preheat the grill to medium-high heat. Using tongs and an oil-blotted paper towel, wipe down the grill grates to clean and create a nonstick surface.
- ☐ Remove the lamb from the marinade, wiping off excess, and sprinkle with salt and pepper.
- ☐ Place the chops onto grill, fat-side down. Grill for about 2 minutes and rotate 45 degrees to form a crosshatch mark. Continue grilling for another 2 minutes and flip. Rotate the lamb chops 45 degrees to finish and bring to desired cooking temperature, 5 to 6 minutes total for 135 degrees F internal temperature or medium-rare.

- ☐
- Remove from the grill and allow to rest.
- ☐
- To serve: Arrange the lamb chops on serving dish, garnishing each with about 1 tablespoon tapenade, finishing with torn mint and serving with remaining tapenade on the side.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:24.716956768347%

Flavonoids

Eriodictyol: 3.95mg, Eriodictyol: 3.95mg, Eriodictyol: 3.95mg, Eriodictyol: 3.95mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 418.76kcal (20.94%), Fat: 19.43g (29.89%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.46g (0.51%), Cholesterol: 171.47mg (57.16%), Sodium: 327.83mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.05g (112.1%), Vitamin B12: 6.44µg (107.25%), Zinc: 10.54mg (70.29%), Vitamin B3: 11.59mg (57.96%), Vitamin B2: 0.86mg (50.29%), Phosphorus: 482.87mg (48.29%), Vitamin B6: 0.95mg (47.33%), Selenium: 21.89µg (31.28%), Iron: 5.3mg (29.46%), Potassium: 754mg (21.54%), Vitamin B5: 2.04mg (20.45%), Vitamin B1: 0.28mg (18.73%), Copper: 0.37mg (18.41%), Magnesium: 56.05mg (14.01%), Vitamin C: 10.64mg (12.89%), Vitamin K: 8.73µg (8.31%), Manganese: 0.13mg (6.65%), Vitamin E: 0.55mg (3.7%), Calcium: 36.88mg (3.69%), Fiber: 0.77g (3.06%), Vitamin A: 67.69IU (1.35%)