



Grilled Lamb Chops with Peppercorns and Savory Mint Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 clove garlic minced
- ☐ 0.8 teaspoon kosher salt plus more for lamb, to taste
- ☐ 8 lamb chops
- ☐ 0.8 cup malt vinegar good
- ☐ 0.8 cup mint leaves plus more sprigs for garnish
- ☐ 1 tablespoon olive oil
- ☐ 4 servings multi colored peppercorns crushed to taste

- ☐ 3 tablespoon sugar
- ☐ 0.3 cup water

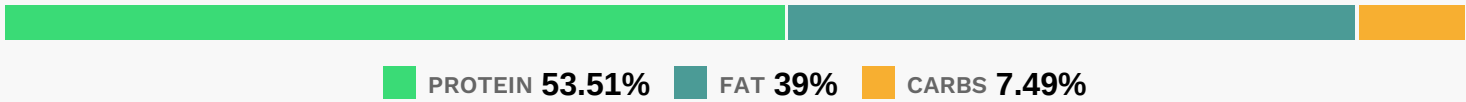
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Make the dipping sauce: Put ½ cup of the mint leaves in a heat-proof medium-sized glass or stainless-steel bowl. In a small stainless-steel saucepan, bring the water to a simmer over moderate heat.
- ☐ Add the sugar and stir until completely dissolved.Stir in the vinegar, garlic, and ¼ teaspoon of the salt. Continue to cook 8 or 10 more minutes, until the sauce reduces some and gets slightly syrupy.
- ☐ Pour the mixture over the mint in the bowl.
- ☐ 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 reserved dipping sauce and mint sprigs if desired.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:6.71, Inflammation Score:-5, Nutrition Score:34.607391160467%

Flavonoids

Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 654.54kcal (32.73%), Fat: 27.25g (41.92%), Saturated Fat: 10.08g (62.99%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.81g (3.93%), Sugar: 9.18g (10.2%), Cholesterol: 257.21mg (85.74%), Sodium: 641.95mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.12g (168.25%), Vitamin B12: 9.65µg (160.88%), Zinc: 15.91mg (106.07%), Vitamin B3: 17.49mg (87.45%), Vitamin B2: 1.3mg (76.38%), Phosphorus: 730.78mg (73.08%), Vitamin B6: 1.42mg (71.22%), Selenium: 33.04µg (47.2%), Iron: 8.17mg (45.41%), Potassium: 1171.54mg (33.47%), Vitamin B5: 3.05mg (30.47%), Copper: 0.58mg (28.8%), Vitamin B1: 0.42mg (27.97%), Magnesium: 89.91mg (22.48%), Manganese: 0.41mg (20.51%), Vitamin A: 364.03IU (7.28%), Calcium: 70.96mg (7.1%), Fiber: 0.96g (3.84%), Vitamin C: 3.15mg (3.82%), Vitamin K: 3.77µg (3.59%), Vitamin E: 0.52mg (3.44%), Folate: 9.83µg (2.46%)