



Grilled Lamb Chops with Pomegranate-Port Reduction

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic minced
- 3 ounce lamb chops
- 1 lemon zest juiced
- 2 tablespoons oregano fresh chopped
- 0.5 cup pomegranate juice fresh unsweetened
- 2 tablespoons pomegranate seeds
- 1 cup port wine

8 servings salt and pepper black to taste

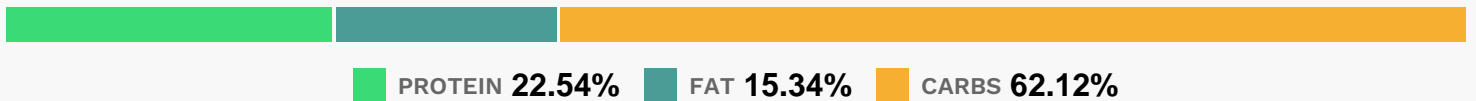
Equipment

- bowl
- sauce pan
- whisk
- grill
- ziploc bags

Directions

- Whisk together the lemon zest and juice, oregano, garlic, salt, and black pepper in a bowl; pour into a resealable plastic bag.
- Add the lamb chops, coat with the marinade, squeeze out excess air, and seal the bag. Set aside to marinate.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Bring the pomegranate juice and port wine to a simmer in a small saucepan over high heat. Reduce heat to medium-low, and continue simmering until the liquid has reduced to half of its original volume, about 45 minutes. Stir in the pomegranate seeds and set aside.
- Remove the lamb from the marinade, and shake off excess. Discard the remaining marinade. Cook the chops on the preheated grill until they start to firm, and are reddish-pink and juicy in the center, about 4 minutes per side for medium rare.
- Serve the chops drizzled with the pomegranate-port reduction.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:3.0552173982496%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg

Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 82.09kcal (4.1%), Fat: 0.89g (1.36%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.29g (2.65%), Sugar: 4.9g (5.44%), Cholesterol: 8.04mg (2.68%), Sodium: 204.73mg (8.9%), Alcohol: 4.59g (100%), Alcohol %: 9.38% (100%), Protein: 2.93g (5.86%), Vitamin K: 10.02µg (9.54%), Manganese: 0.13mg (6.59%), Vitamin B12: 0.3µg (5.03%), Iron: 0.81mg (4.52%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.08mg (3.81%), Vitamin B3: 0.72mg (3.6%), Potassium: 123.25mg (3.52%), Vitamin B2: 0.06mg (3.38%), Fiber: 0.79g (3.17%), Phosphorus: 31.27mg (3.13%), Calcium: 28.16mg (2.82%), Magnesium: 10.38mg (2.59%), Copper: 0.05mg (2.5%), Vitamin E: 0.31mg (2.08%), Folate: 8.24µg (2.06%), Selenium: 1.41µg (2.01%), Vitamin C: 1.63mg (1.97%), Vitamin B1: 0.03mg (1.81%), Vitamin B5: 0.18mg (1.8%)