



Grilled Lamb Chops with Porcini Mustard

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 ounces the following: parmesan rind) dried
- ☐ 3 tablespoons flat parsley divided chopped
- ☐ 7 large garlic clove minced
- ☐ 1 tablespoon kosher salt
- ☐ 24 rib to lamb shoulder blade chops (3/;)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons rosemary

- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ grill

Directions

- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure. Soak mushrooms in boiling-hot water (2 cups) until softened, about 20 minutes. Lift mushrooms out of water and strain liquid through a paper-towel-lined sieve set over a small saucepan. Coarsely chop mushrooms.
- ☐ Boil mushroom liquid in saucepan until reduced to about 1/4 cup, 13 to 15 minutes.
- ☐ Whisk in mustard, butter, and 1/8 teaspoon pepper and simmer until slightly thickened, about 2 minutes. Stir in mushrooms.
- ☐ Transfer to a small bowl and cool slightly. Stir in 2 tablespoon parsley.
- ☐ Meanwhile, pulse rosemary, kosher salt, garlic, and 1/2 teaspoon pepper in a food processor to form a coarse paste, scraping down sides. Rub oil all over chops, then coat evenly with rosemary mixture.
- ☐ Oil grill rack, then grill chops in 2 batches, covered only if using a gas grill, turning once, 4 to 6 minutes per batch for medium-rare.
- ☐ Sprinkle porcini mustard with remaining tablespoon parsley and serve with lamb.
- ☐ Avignonesi Rosso di Toscana '05
- ☐ •Porcini mustard, without parsley, can be made 1 day ahead and chilled. Bring to room temperature, then stir in 2 tablespoon parsley and sprinkle with remainder. •Rosemary mixture can be made 8 hours ahead and chilled.

Nutrition Facts

PROTEIN 9.13% FAT 58.38% CARBS 32.49%

Properties

Glycemic Index:20.5, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.3330434664436%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.5kcal (3.92%), Fat: 5.45g (8.39%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.53g (2.01%), Sugar: 0.25g (0.28%), Cholesterol: 6.31mg (2.1%), Sodium: 920.96mg (40.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 26.93µg (25.65%), Copper: 0.4mg (19.86%), Vitamin B5: 1.62mg (16.15%), Manganese: 0.16mg (7.87%), Selenium: 5.28µg (7.55%), Vitamin B2: 0.11mg (6.6%), Vitamin B6: 0.13mg (6.37%), Vitamin B3: 1.24mg (6.18%), Zinc: 0.8mg (5.3%), Fiber: 1.29g (5.18%), Potassium: 149.21mg (4.26%), Vitamin C: 3.38mg (4.1%), Folate: 15.76µg (3.94%), Vitamin E: 0.57mg (3.81%), Phosphorus: 37.65mg (3.77%), Magnesium: 15.09mg (3.77%), Vitamin A: 188.63IU (3.77%), Iron: 0.57mg (3.15%), Vitamin B1: 0.04mg (2.77%), Vitamin D: 0.3µg (2.02%), Calcium: 19.52mg (1.95%), Vitamin B12: 0.1µg (1.64%)