



Grilled Lamb Chops with Romesco Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



57 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings romesco sauce
- ☐ 4 servings kosher salt
- ☐ 8 lamb loin chops 1-inch-thick trimmed ()

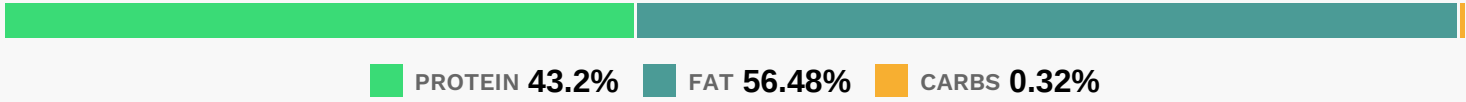
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Brush chops on all sides with olive oil, and sprinkle with salt and pepper. Grill, uncovered, 4 to 5 minutes on each side (for medium-rare) or until desired degree of doneness.
- ☐ Serve immediately with Romesco Sauce.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:22.819999720172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 448.41kcal (22.42%), Fat: 27.43g (42.2%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.23g (0.26%), Cholesterol: 149.16mg (49.72%), Sodium: 359.77mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.21g (94.42%), Vitamin B12: 4.99µg (83.24%), Selenium: 53.34µg (76.2%), Vitamin B3: 14.71mg (73.57%), Zinc: 7.21mg (48.07%), Phosphorus: 429.56mg (42.96%), Vitamin B2: 0.52mg (30.59%), Iron: 4.41mg (24.48%), Vitamin B1: 0.29mg (19.59%), Vitamin B6: 0.38mg (19.22%), Potassium: 625.27mg (17.86%), Vitamin E: 2.45mg (16.31%), Magnesium: 61.2mg (15.3%), Vitamin B5: 1.49mg (14.93%), Copper: 0.29mg (14.54%), Folate: 54.26µg (13.56%), Vitamin K: 8.59µg (8.18%), Manganese: 0.07mg (3.37%), Calcium: 27.82mg (2.78%)