



HEALTH SCORE

66%

Grilled Lamb Chops with Rosemary Sauce and Wild Rice-Fennel Pilaf



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings garnish: fennel fresh



4.5 pounds rib lamb chops (1- to 11/)



1 tablespoon olive oil



0.3 teaspoon pepper



4 servings rice-fennel pilaf wild



4 servings rosemary sauce



0.3 teaspoon sea salt

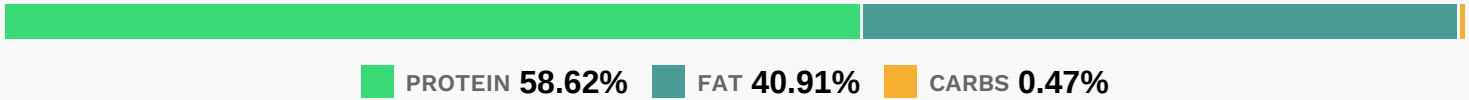
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Brush lamb chops with oil, and sprinkle with salt and pepper.
- ☐ Grill, covered with grill lid, over high heat (400 to 50
- ☐ minutes on each side or until a meat thermometer inserted into thickest portion registers 14
- ☐ Serve with Rosemary Sauce and Wild Rice–Fennel Pilaf; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:52.05, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:41.439565097184%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

Nutrients (% of daily need)

Calories: 889.36kcal (44.47%), Fat: 38.95g (59.93%), Saturated Fat: 14.84g (92.76%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.04g (0.05%), Cholesterol: 386.04mg (128.68%), Sodium: 445.8mg (19.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.59g (251.17%), Vitamin B12: 14.49µg (241.46%), Zinc: 23.68mg (157.86%), Vitamin B3: 26.03mg (130.13%), Vitamin B2: 1.91mg (112.29%), Phosphorus: 1078.28mg (107.83%), Vitamin B6: 2.09mg (104.67%), Selenium: 49.22µg (70.31%), Iron: 11.34mg (63%), Potassium: 1615.7mg (46.16%), Vitamin B5: 4.51mg (45.1%), Vitamin B1: 0.61mg (40.97%), Copper: 0.79mg (39.54%), Magnesium: 118.94mg (29.73%), Calcium: 61.77mg (6.18%), Manganese: 0.1mg (4.95%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.94µg (2.8%)