



## Grilled Lamb Chops with Tomato-Onion Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**84 kcal**

SIDE DISH

### Ingredients

- 0.3 cup apple cider
- 0.3 teaspoon pepper black
- 2 cups cherry tomatoes
- 1 teaspoon rosemary dried crushed
- 2 garlic cloves minced
- 3 ounce lamb rib chops trimmed
- 1 teaspoon olive oil
- 1 cup onion chopped

0.3 teaspoon salt

## Equipment

frying pan

sauce pan

grill

kitchen thermometer

broiler

broiler pan

## Directions

Preheat grill or broiler.

Place lamb on grill rack or broiler pan coated with cooking spray; broil 5 minutes on each side or until a meat thermometer registers 145 (or until desired degree of doneness). Keep warm.

Heat oil in a small saucepan over medium-high heat.

Add onion; saut 5 minutes or until golden.

Add garlic; saut 1 minute, stirring constantly.

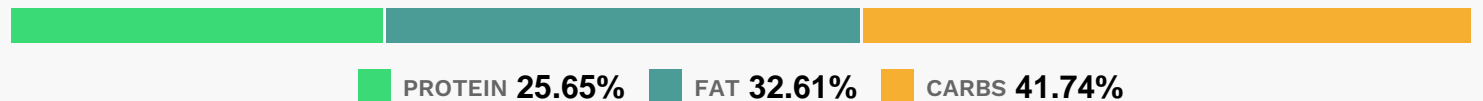
Add apple cider; cook until liquid almost evaporates, scraping pan to loosen browned bits.

Add tomatoes; reduce heat, and simmer 5 minutes.

Add rosemary and remaining ingredients; cook 1 minute.

Serve with lamb.

## Nutrition Facts



## Properties

Glycemic Index:49.94, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:6.3178260637366%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

## Nutrients (% of daily need)

Calories: 83.6kcal (4.18%), Fat: 3.12g (4.8%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.68g (2.79%), Sugar: 4.99g (5.54%), Cholesterol: 14.03mg (4.68%), Sodium: 171.35mg (7.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.52g (11.04%), Vitamin C: 20.56mg (24.92%), Manganese: 0.19mg (9.39%), Vitamin B3: 1.72mg (8.59%), Potassium: 300.01mg (8.57%), Vitamin B12: 0.51µg (8.43%), Vitamin B6: 0.16mg (8.15%), Selenium: 5.55µg (7.93%), Phosphorus: 74.49mg (7.45%), Vitamin A: 366.85IU (7.34%), Zinc: 1mg (6.69%), Iron: 1.02mg (5.64%), Folate: 21.89µg (5.47%), Fiber: 1.3g (5.22%), Copper: 0.1mg (5.16%), Vitamin B1: 0.08mg (5.14%), Vitamin B2: 0.07mg (4.36%), Magnesium: 17.41mg (4.35%), Vitamin E: 0.61mg (4.09%), Vitamin B5: 0.3mg (3.01%), Vitamin K: 3.08µg (2.93%), Calcium: 24.82mg (2.48%)