



Grilled Lamb Shoulder Chops with Pimentón Rub



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bittersweet smoked sweet spanish (pimentón)
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons kosher salt
- ☐ 4 lamb shoulder chops bone-in grass-fed (preferably)
- ☐ 4 lemon wedges
- ☐ 1.5 tbsp olive oil extra-virgin
- ☐ 1 tablespoon oregano dried crumbled fine

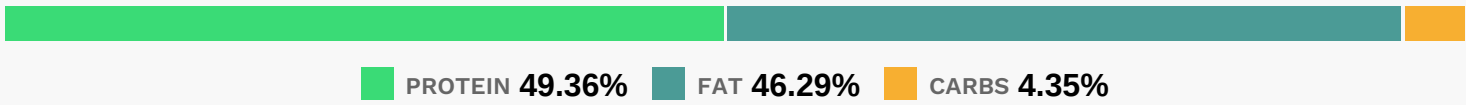
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Coat lamb all over with oil. In a small bowl, combine oregano, salt, garlic powder, and paprika. Evenly sprinkle all over lamb, pressing it into place.
- ☐ Chill chops on a rack set on a tray, uncovered, 2 to 8 hours. Bring to room temperature during the last hour.
- ☐ Heat grill to high (450 to 550). Grill chops, covered, turning once, about 8 minutes total for medium-rare.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:19.901739322621%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 349kcal (17.45%), Fat: 17.64g (27.13%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.97g (1.08%), Cholesterol: 128.68mg (42.89%), Sodium: 1263.95mg (54.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.63%), Vitamin B12: 4.83µg (80.48%), Zinc: 7.99mg (53.23%), Vitamin B3: 8.75mg (43.77%), Vitamin B2: 0.65mg (38.08%), Phosphorus: 369.62mg (36.96%), Vitamin B6: 0.74mg (36.81%), Iron: 4.48mg (24.89%), Selenium: 16.75µg (23.93%), Potassium: 592.42mg (16.93%), Vitamin B5: 1.55mg (15.53%), Copper: 0.3mg (14.83%), Vitamin B1: 0.22mg (14.49%), Magnesium: 46.93mg (11.73%), Vitamin C: 9.58mg (11.61%), Vitamin K: 11.02µg (10.5%), Vitamin E: 1.02mg (6.82%), Manganese: 0.12mg (5.86%),

Fiber: 1.2g (4.81%), Calcium: 46.44mg (4.64%), Folate: 5.3µg (1.32%)