



Grilled Lemon & Rosemary Lamb Chops

 Gluten Free

READY IN



265 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chile paste
- 2 tablespoons rosemary fresh minced
- 4 cloves garlic crushed
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground pepper black
- 1 juice of lemon grated juiced
- 8 lamb loin chops
- 1 teaspoon oregano dried

0.5 cup yogurt plain

1 teaspoon salt

Equipment

bowl

whisk

grill

kitchen thermometer

ziploc bags

Directions

Whisk yogurt, lemon juice, lemon zest, chile paste, garlic, rosemary, oregano, salt, black pepper, and cinnamon together in a small bowl.

Transfer into a resealable plastic bag.

Add the lamb chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 4 hours.

Preheat grill for medium heat and lightly oil the grate.

Remove lamb chops from from marinade and scrape off excess. Discard used marinade. Season chops with salt and black pepper.

Place on the preheated grill and cook until browned and medium rare on the inside, 3 to 4 minutes. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

Nutrition Facts

PROTEIN 21.17% FAT 76.12% CARBS 2.71%

Properties

Glycemic Index:11.38, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:10.637391364121%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 366.57kcal (18.33%), Fat: 30.66g (47.16%), Saturated Fat: 13.63g (85.21%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.01g (1.13%), Cholesterol: 85.61mg (28.54%), Sodium: 361.92mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.37%), Vitamin B12: 2.36µg (39.36%), Vitamin B3: 7.39mg (36.93%), Selenium: 21.95µg (31.36%), Zinc: 2.99mg (19.91%), Phosphorus: 190.88mg (19.09%), Vitamin B2: 0.26mg (15.59%), Iron: 2.02mg (11.2%), Vitamin B1: 0.14mg (9.01%), Vitamin B6: 0.18mg (9%), Potassium: 291.31mg (8.32%), Vitamin B5: 0.79mg (7.94%), Magnesium: 27.8mg (6.95%), Copper: 0.13mg (6.64%), Folate: 22.44µg (5.61%), Calcium: 45.76mg (4.58%), Manganese: 0.09mg (4.57%), Vitamin C: 2.43mg (2.95%), Vitamin E: 0.27mg (1.82%), Vitamin K: 1.86µg (1.77%), Fiber: 0.29g (1.18%)