



## 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

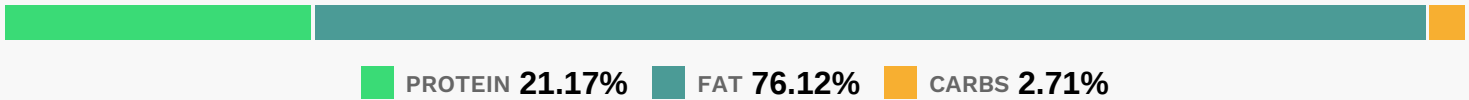
## Equipment

- ☐ 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



## 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: Og (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%)