



Grilled Marinated Lamb Chops with Balsamic Cherry Tomatoes

 Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons balsamic vinegar
- 4 servings barley with toasted cumin and mint
- 0.3 teaspoon pepper black
- 1.5 lb cherry tomatoes (preferably on the vine)
- 2 garlic clove finely chopped
- 2 tablespoons honey
- 8 rib to lamb shoulder blade chops fat trimmed ()

- 2 tablespoons red-wine vinegar
- 0.5 teaspoon salt

Equipment

- sauce pan
- roasting pan
- grill
- ziploc bags
- grill pan

Directions

- Stir together honey, vinegar, garlic, salt, and pepper and transfer to a sealable plastic bag.
- Add lamb, then seal bag, pressing out excess air and turning to distribute marinade. Marinate lamb, chilled, turning occasionally, 1 hour. Bring lamb to room temperature.
- Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill and on lid.
- Remove lamb from marinade, reserving marinade. When fire is medium-hot (you can hold your hand 5 inches above rack for 3 to 4 seconds), grill lamb on lightly oiled grill rack, turning once, about 4 minutes total for medium-rare.
- Transfer to a platter and keep warm, covered.
- Cook tomatoes (still on vine, if using) in disposable roasting pan, covered with grill lid, carefully turning, until softened and just beginning to split, about 8 minutes.
- Drizzle balsamic vinegar over tomatoes, turning to coat, then cook, uncovered, until vinegar is reduced by about half, about 2 minutes.
- Remove from grill.
- Bring reserved marinade with any lamb juices accumulated on platter to a boil in a small heavy saucepan, covered.
- Drizzle lamb with marinade and serve with tomatoes.
- Lamb and tomatoes can also be grilled in batches in a lightly oiled well-seasoned ridged grill pan over moderately high heat (tomatoes will take less time to soften, about 3 minutes).
- Each serving (including barley) contains about 429 calories and 14 grams fat.

Nutrition Facts

PROTEIN 11.66% **FAT 4.02%** **CARBS 84.32%**

Properties

Glycemic Index:50.07, Glycemic Load:5.38, Inflammation Score:-6, Nutrition Score:7.4321738222371%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 79.09kcal (3.95%), Fat: 0.38g (0.58%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.38g (5.96%), Sugar: 13.78g (15.31%), Cholesterol: 1.7mg (0.57%), Sodium: 313.52mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 39.34mg (47.69%), Vitamin A: 832.81IU (16.66%), Manganese: 0.26mg (12.99%), Potassium: 405.25mg (11.58%), Vitamin B6: 0.17mg (8.41%), Iron: 1.4mg (7.8%), Copper: 0.15mg (7.42%), Vitamin E: 0.96mg (6.4%), Phosphorus: 59.66mg (5.97%), Fiber: 1.45g (5.79%), Folate: 22.58µg (5.64%), Vitamin B3: 1.09mg (5.45%), Vitamin B1: 0.07mg (4.9%), Vitamin K: 5.01µg (4.78%), Magnesium: 18.99mg (4.75%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.26mg (2.6%), Calcium: 25.45mg (2.54%), Selenium: 1.75µg (2.5%), Vitamin B12: 0.06µg (1.06%)