



Grilled Mint-Lamb Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- 0.3 cup mint leaves fresh divided chopped
- 1 large clove garlic pressed
- 5 ounce lamb loin chops lean ()
- 0.5 cup onion grated
- 0.5 teaspoon pepper

Equipment

- grill
- ziploc bags

Directions

- Trim fat from chops.
- Combine onion, 3 tablespoons mint, garlic, and pepper in a large heavy-duty, zip-top plastic bag.
- Add chops; seal bag, and shake until chops are well coated. Marinate chops in refrigerator at least 3 hours, turning bag occasionally.
- Remove chops from marinade; discard marinade. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chops on rack; grill, covered, 5 minutes on each side or to desired degree of doneness.
- To serve, place a chop on each individual serving plate.
- Sprinkle evenly with remaining 2 tablespoons mint.

Nutrition Facts

 **PROTEIN 50.77%**  **FAT 31.69%**  **CARBS 17.54%**

Properties

Glycemic Index:22.25, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:4.6486957008424%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 2.16g (3.33%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.86g (0.95%), Cholesterol: 23.39mg (7.8%), Sodium: 25.95mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin B12: 0.78µg (13.05%), Selenium: 8.58µg (12.26%), Vitamin B3: 2.39mg (11.93%), Zinc: 1.21mg (8.05%), Phosphorus: 76.73mg (7.67%), Vitamin B2: 0.1mg (5.63%), Manganese: 0.11mg (5.59%), Iron: 0.9mg (4.99%), Vitamin B6: 0.1mg (4.89%), Potassium: 149.34mg (4.27%), Vitamin B1: 0.06mg (3.96%), Folate: 15.58µg (3.89%), Magnesium: 14.43mg (3.61%), Copper: 0.07mg (3.4%), Vitamin C: 2.61mg (3.16%), Vitamin B5: 0.28mg (2.76%), Fiber: 0.64g (2.58%), Vitamin A: 121.31IU (2.43%),

Calcium: 18.15mg (1.82%)