



Grilled Mint-Wine Lamb Chops

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb lamb loin chops
- 2 tablespoons wine dry white
- 2 tablespoons honey
- 1 teaspoon mint leaves dried fresh chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

Equipment

- bowl

grill

Directions

- Heat coals or gas grill for direct heat.
- Remove excess fat from lamb. In small bowl, mix remaining ingredients.
- Place lamb on grill over medium heat; brush with wine mixture. Cover and grill 9 to 11 minutes for medium doneness, turning once and brushing with wine mixture. Discard any remaining wine mixture.

Nutrition Facts

PROTEIN 20.38% **FAT 74.73%** **CARBS 4.89%**

Properties

Glycemic Index:24.82, Glycemic Load:4.55, Inflammation Score:-2, Nutrition Score:19.066956608435%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 741.31kcal (37.07%), Fat: 60.4g (92.92%), Saturated Fat: 26.67g (166.7%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.85g (3.22%), Sugar: 8.69g (9.66%), Cholesterol: 167.83mg (55.94%), Sodium: 273.16mg (11.88%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 37.06g (74.11%), Vitamin B12: 4.63µg (77.11%), Vitamin B3: 14.7mg (73.48%), Selenium: 42.96µg (61.37%), Zinc: 5.77mg (38.48%), Phosphorus: 346.62mg (34.66%), Vitamin B2: 0.48mg (28.33%), Iron: 3.72mg (20.69%), Vitamin B1: 0.25mg (16.66%), Vitamin B6: 0.3mg (15.07%), Vitamin B5: 1.44mg (14.4%), Potassium: 497.13mg (14.2%), Magnesium: 48.72mg (12.18%), Copper: 0.24mg (12.16%), Folate: 38.88µg (9.72%), Calcium: 35.75mg (3.58%), Manganese: 0.07mg (3.33%), Vitamin E: 0.41mg (2.73%)