



HEALTH SCORE

57%

Grilled Rosemary Lamb Chops



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard country-style
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons honey
- ☐ 6 to lamb shoulder blade chops thick ()
- ☐ 0.5 teaspoon salt

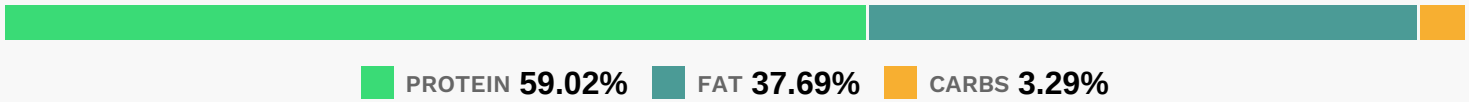
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ingredients except lamb.
- ☐ Spread mixture on one side of each lamb chop.
- ☐ Place lamb on grill, coated side up, over medium heat. Cover grill; cook 12 to 15 minutes or until thermometer inserted in center reads 145F.

Nutrition Facts



Properties

Glycemic Index:73.14, Glycemic Load:3.2, Inflammation Score:-4, Nutrition Score:41.929130558734%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 883.36kcal (44.17%), Fat: 35.73g (54.97%), Saturated Fat: 14.39g (89.94%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.46g (2.35%), Sugar: 5.87g (6.52%), Cholesterol: 385.82mg (128.6%), Sodium: 964.29mg (41.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.91g (251.81%), Vitamin B12: 14.48µg (241.32%), Zinc: 23.74mg (158.29%), Vitamin B3: 26.06mg (130.29%), Vitamin B2: 1.92mg (112.8%), Phosphorus: 1087.47mg (108.75%), Vitamin B6: 2.12mg (105.87%), Selenium: 51.85µg (74.08%), Iron: 11.53mg (64.04%), Potassium: 1637.83mg (46.8%), Vitamin B5: 4.54mg (45.41%), Vitamin B1: 0.63mg (42.04%), Copper: 0.8mg (40.23%), Magnesium: 123.48mg (30.87%), Manganese: 0.17mg (8.65%), Calcium: 71.5mg (7.15%), Fiber: 0.57g (2.29%)