



Grilled Teriyaki Lamb Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garlic minced
- 20 ounce lamb loin chops thick lean ()
- 0.5 cup onion chopped
- 0.5 cup teriyaki sauce low-sodium

Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Trim fat from chops; place chops in a heavy-duty, zip-top plastic bag.
- Add onion, teriyaki sauce, and garlic to bag. Seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
- Remove chops from marinade, reserving marinade.
- Place marinade in a small saucepan; bring to a boil.
- Remove from heat, and set aside. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chops on rack; grill, covered, 8 minutes on each side or to desired degree of doneness, basting occasionally with marinade.

Nutrition Facts

 **PROTEIN 54.47%**  **FAT 32.37%**  **CARBS 13.16%**

Properties

Glycemic Index:14.25, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:15.504782608427%

Flavonoids

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: 243.86kcal (12.19%), Fat: 8.45g (13%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.34g (2.67%), Sugar: 5.93g (6.59%), Cholesterol: 93.55mg (31.18%), Sodium: 1476.12mg (64.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin B12: 3.13µg (52.21%), Selenium: 34.05µg (48.65%), Vitamin B3: 9.71mg (48.57%), Phosphorus: 331.71mg (33.17%), Zinc: 4.6mg (30.67%), Vitamin B2: 0.36mg (21.03%), Iron: 3.37mg (18.75%), Magnesium: 62.42mg (15.6%), Vitamin B6: 0.31mg (15.51%), Potassium: 504.43mg (14.41%), Vitamin B1: 0.21mg (13.72%), Copper: 0.23mg (11.37%), Vitamin B5: 1.04mg (10.37%), Folate: 40.72µg (10.18%), Manganese: 0.07mg (3.62%), Calcium: 31.97mg (3.2%), Vitamin C: 1.71mg (2.08%), Vitamin E: 0.27mg (1.83%), Fiber: 0.39g (1.57%)