



Herbed Lamb Chops



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon tarragon dried
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 4 lamb chops
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup onion minced

- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 cup white wine

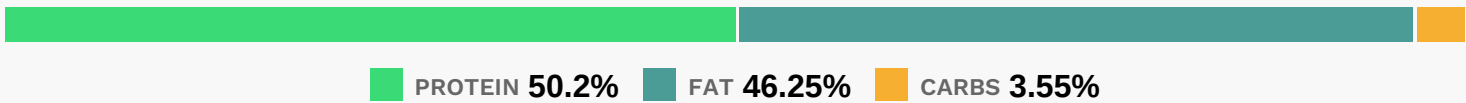
Equipment

- ☐ grill

Directions

- ☐ In a large, nonreactive container, blend the olive oil, red wine vinegar, white wine, lemon juice, garlic, and onion. Season with tarragon, parsley, and pepper.
- ☐ Place lamb chops in the mixture. Cover, and marinate in the refrigerator about 2 hours.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate.
- ☐ Grill lamb chops on the prepared grill 5 minutes per side, to an internal temperature of 145 degrees F (63 degrees C). Discard remaining marinade.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:19.251739190972%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 360.78kcal (18.04%), Fat: 17.29g (26.6%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.78g (0.86%), Cholesterol: 128.6mg (42.87%), Sodium: 104.26mg (4.53%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 42.22g (84.45%), Vitamin B12: 4.83µg (80.44%), Zinc:

7.97mg (53.16%), Vitamin B3: 8.76mg (43.79%), Vitamin B2: 0.65mg (38.28%), Vitamin B6: 0.75mg (37.55%), Phosphorus: 371.84mg (37.18%), Selenium: 16.67µg (23.82%), Iron: 4.22mg (23.45%), Potassium: 608.18mg (17.38%), Vitamin B5: 1.54mg (15.43%), Vitamin B1: 0.22mg (14.41%), Copper: 0.28mg (14.25%), Magnesium: 46.46mg (11.62%), Manganese: 0.2mg (9.83%), Vitamin C: 4.54mg (5.51%), Vitamin E: 0.8mg (5.32%), Vitamin K: 4.6µg (4.39%), Calcium: 36.28mg (3.63%), Fiber: 0.39g (1.55%), Folate: 5.09µg (1.27%)