



Herbed Lamb Chops with Homemade BBQ Sauce

READY IN



125 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 clove garlic peeled smashed
- ☐ 1 a pinch of ground cinnamon
- ☐ 1.5 tablespoons herbs de provence
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons kosher salt

- ☐ 1 pound baby lamb chops 8 or 9 chops
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion peeled quartered
- ☐ 3 tablespoons tomato paste
- ☐ 15 ounce tomato purée canned
- ☐ 1 tablespoon worcestershire sauce

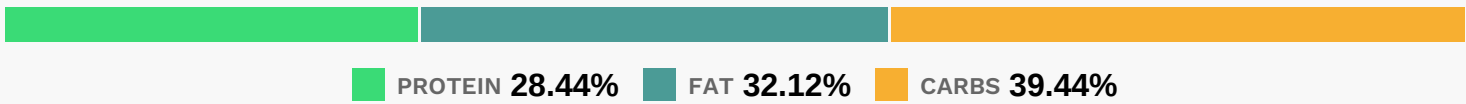
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place the tomato sauce, sugar, vinegar, tomato paste, balsamic vinegar, Worcestershire sauce, salt, cinnamon stick, garlic and onions in a medium saucepan. Bring the mixture to a simmer and cook, stirring occasionally, until thick, about 1 hour. Cool for 30 minutes.
- ☐ Remove the onion, garlic and cinnamon stick and discard. Refrigerate until ready to use (for up to 1 week).
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Spray the grill with vegetable oil cooking spray.
- ☐ Sprinkle the chops on both sides with the salt and pepper.
- ☐ Drizzle with the oil and sprinkle the herbes de Provence on both sides. Grill for 2 to 3 minutes on each side until medium-rare. Cool for 5 minutes and serve with the barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:3.9, Inflammation Score:-6, Nutrition Score:23.093912808791%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 428.09kcal (21.4%), Fat: 15.38g (23.66%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 38.57g (14.03%), Sugar: 34.75g (38.61%), Cholesterol: 85.79mg (28.6%), Sodium: 3275.88mg (142.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Vitamin B12: 3.22µg (53.66%), Zinc: 5.81mg (38.73%), Vitamin B3: 7.62mg (38.1%), Iron: 6.82mg (37.87%), Vitamin K: 37.74µg (35.94%), Vitamin B6: 0.7mg (35.08%), Manganese: 0.69mg (34.42%), Vitamin B2: 0.52mg (30.32%), Phosphorus: 300.16mg (30.02%), Potassium: 935.84mg (26.74%), Copper: 0.47mg (23.42%), Vitamin E: 3mg (19.97%), Vitamin C: 15.27mg (18.51%), Selenium: 12.86µg (18.38%), Vitamin B1: 0.24mg (16.26%), Magnesium: 63.81mg (15.95%), Fiber: 3.91g (15.63%), Vitamin B5: 1.38mg (13.81%), Calcium: 129.61mg (12.96%), Vitamin A: 476.29IU (9.53%), Folate: 23.43µg (5.86%)