



Herbed Lamb Chops with Homemade Ketchup



Gluten Free



Dairy Free

READY IN



112 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 a pinch of ground cinnamon
- ☐ 1.5 tablespoons herbs de provence
- ☐ 1 tablespoon kosher salt
- ☐ 1 pound baby lamb chops 8 or 9
- ☐ 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

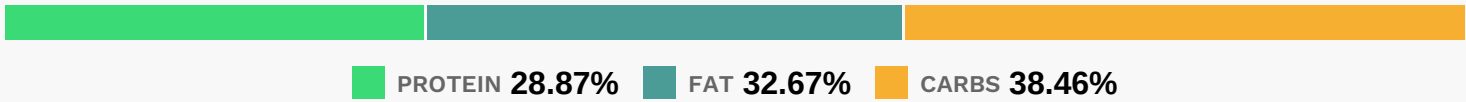
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place the tomato sauce, onion, vinegar, sugar, tomato paste, salt, and cinnamon stick (or ground cinnamon, if using) in a medium saucepan. Bring the mixture to a simmer and cook, stirring occasionally, until thick, about 1 hour.
- ☐ Remove the onion and cinnamon stick and discard. Cool for 30 minutes and refrigerate until ready to use (can be refrigerated for up to 1 week).
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Season the chops on both sides with salt and pepper.
- ☐ Drizzle with oil and sprinkle the herbes de Provence on both sides. Grill on each side until medium-rare, 2 to 3 minutes. Cool for 5 minutes and serve with the ketchup.
- ☐ Cook's Note: The lamb chops can also be roasted or broiled in a preheated 475 degrees F oven for 6 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:3.49, Inflammation Score:-6, Nutrition Score:22.707391469375%

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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 420.18kcal (21.01%), Fat: 15.37g (23.65%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 36.84g (13.4%), Sugar: 33.72g (37.47%), Cholesterol: 85.79mg (28.6%), Sodium: 2056.85mg (89.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Vitamin B12: 3.22µg (53.66%), Zinc: 5.79mg (38.58%), Vitamin B3: 7.59mg (37.93%), Iron: 6.54mg (36.33%), Vitamin K: 37.69µg (35.89%), Vitamin B6: 0.69mg (34.61%), Manganese: 0.67mg (33.39%), Vitamin B2: 0.51mg (29.94%), Phosphorus: 295.7mg (29.57%), Potassium: 894.11mg (25.55%), Copper: 0.46mg (22.78%), Vitamin E: 2.99mg (19.94%), Selenium: 12.73µg (18.19%), Vitamin C: 14.49mg (17.56%), Vitamin B1: 0.24mg (15.96%), Magnesium: 62.56mg (15.64%), Fiber: 3.89g (15.57%), Vitamin B5: 1.38mg (13.76%), Calcium: 121.9mg (12.19%), Vitamin A: 472.87IU (9.46%), Folate: 23.07µg (5.77%)