



Herbed Lamb Chops with Pomegranate Reduction



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon thyme leaves fresh chopped

- ☐ 0.5 teaspoon honey
- ☐ 3 ounce lamb rib chops trimmed
- ☐ 0.8 cup pomegranate juice
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 teaspoon water

Equipment

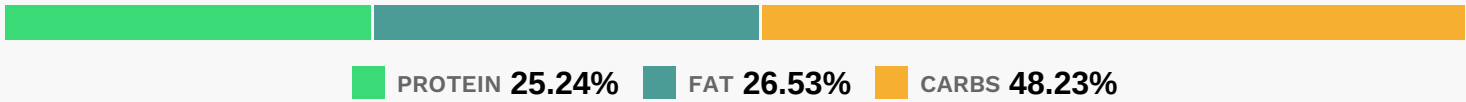
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Coat a foil-lined baking sheet with cooking spray.
- ☐ Place lamb on prepared pan.
- ☐ Sprinkle lamb evenly with 1/2 teaspoon pepper, 1/4 teaspoon salt, and thyme. Broil 5 minutes on each side.
- ☐ Combine juice, mustard, and honey in a small bowl.
- ☐ Heat a small saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shallots and garlic to pan; saut 1 minute. Stir in juice mixture; bring to a boil. Reduce heat and cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Combine cornstarch and water in a small bowl; stir until smooth.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in chives, 1/8 teaspoon salt, and 1/8 teaspoon pepper.

Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:74.57, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:3.800869576309%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 73.07kcal (3.65%), Fat: 2.17g (3.34%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.47g (3.08%), Sugar: 7.04g (7.82%), Cholesterol: 14.03mg (4.68%), Sodium: 252.33mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Vitamin B12: 0.51µg (8.43%), Selenium: 5.59µg (7.98%), Vitamin B3: 1.4mg (6.99%), Manganese: 0.14mg (6.82%), Vitamin K: 7.04µg (6.71%), Zinc: 0.91mg (6.04%), Potassium: 187.49mg (5.36%), Phosphorus: 51.04mg (5.1%), Folate: 18.41µg (4.6%), Vitamin B6: 0.09mg (4.44%), Vitamin B2: 0.06mg (3.24%), Iron: 0.57mg (3.19%), Vitamin B5: 0.3mg (3.05%), Magnesium: 11.65mg (2.91%), Vitamin B1: 0.04mg (2.76%), Copper: 0.05mg (2.47%), Vitamin C: 1.48mg (1.8%), Fiber: 0.41g (1.63%), Calcium: 15.4mg (1.54%), Vitamin E: 0.23mg (1.53%)