



Herbes de Provence-Crusted Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon herbes de provence dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 4 servings grilled potatoes red with mint

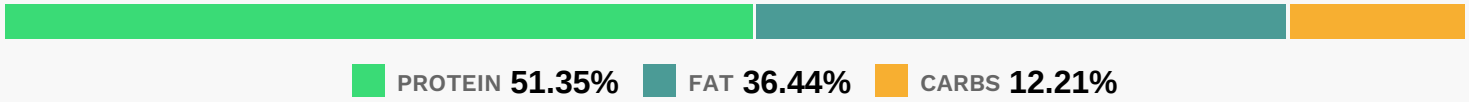
Equipment

☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 5 ingredients; rub evenly over both sides of lamb.
- ☐ Place lamb on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:5.0773912460908%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 50.01kcal (2.5%), Fat: 2.02g (3.11%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.14g (0.16%), Cholesterol: 18.71mg (6.24%), Sodium: 393.35mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin K: 17.5µg (16.67%), Selenium: 9.4µg (13.44%), Iron: 1.93mg (10.73%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.96mg (9.78%), Manganese: 0.15mg (7.37%), Zinc: 1.03mg (6.86%), Phosphorus: 65.93mg (6.59%), Vitamin B2: 0.08mg (4.44%), Vitamin B1: 0.06mg (3.91%), Magnesium: 14.08mg (3.52%), Vitamin B6: 0.07mg (3.51%), Potassium: 106.91mg (3.05%), Fiber: 0.76g (3.03%), Calcium: 29.22mg (2.92%), Copper: 0.06mg (2.8%), Folate: 10.29µg (2.57%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.16mg (1.05%), Vitamin C: 0.85mg (1.03%)