



## Honey-Dijon Lamb Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons dijon mustard
- 0.5 teaspoon coarsely ground pepper
- 4 teaspoons honey
- 16 ounce lamb loin chops lean
- 2 tablespoons teaspoons mint flakes dried fresh chopped
- 2 tablespoons teaspoons rosemary dried fresh crushed

### Equipment

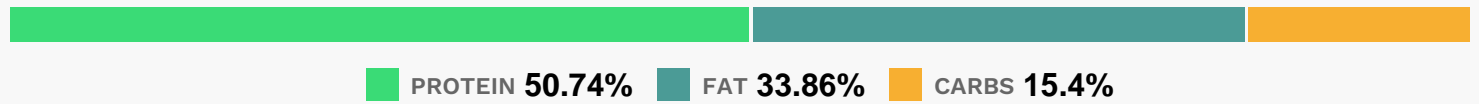
- bowl

- broiler
- broiler pan

## Directions

- Preheat broiler.
- Combine first 5 ingredients in a small bowl, and stir well. Trim fat from lamb, and place chops on a broiler pan. Broil 5 minutes on each side.
- Brush mustard mixture over chops. Broil chops 2 minutes on each side or until desired degree of doneness, basting occasionally with mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:93.14, Glycemic Load:6.43, Inflammation Score:-6, Nutrition Score:25.190869320994%

## Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

## Nutrients (% of daily need)

Calories: 387.4kcal (19.37%), Fat: 14.35g (22.07%), Saturated Fat: 5.04g (31.47%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.63g (4.59%), Sugar: 11.71g (13.01%), Cholesterol: 149.69mg (49.9%), Sodium: 322.43mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.37g (96.74%), Selenium: 58.85µg (84.07%), Vitamin B12: 5.01µg (83.54%), Vitamin B3: 14.98mg (74.88%), Zinc: 7.49mg (49.92%), Phosphorus: 453.51mg (45.35%), Vitamin B2: 0.56mg (32.92%), Iron: 5.52mg (30.65%), Vitamin B1: 0.34mg (22.54%), Vitamin B6: 0.44mg (22.1%), Potassium: 709.93mg (20.28%), Magnesium: 77.97mg (19.49%), Copper: 0.34mg (17.03%), Folate: 67.69µg (16.92%), Vitamin B5: 1.58mg (15.75%), Manganese: 0.29mg (14.4%), Fiber: 2.05g (8.21%), Calcium: 77.47mg (7.75%), Vitamin A: 288.35IU (5.77%), Vitamin C: 2.94mg (3.57%), Vitamin E: 0.49mg (3.26%)