



Honey-Orange Glazed Lamb Steaks With Sage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons sage fresh minced
- 0.3 teaspoon coarsely ground pepper
- 2 tablespoons honey
- 20 ounce center-cut lamb leg steaks lean (1/)
- 0.5 teaspoon orange rind grated
- 0.3 teaspoon salt

Equipment

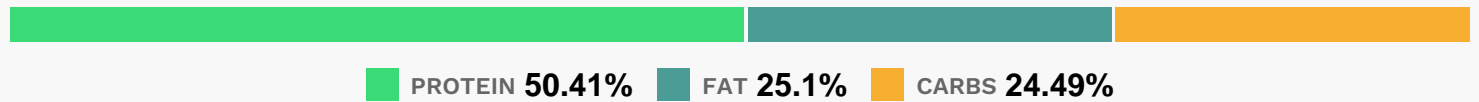
- bowl

- broiler
- broiler pan

Directions

- Trim fat from steaks.
- Place steaks on a broiler rack coated with cooking spray; place rack on a broiler pan.
- Combine honey and next 4 ingredients in a bowl; stir well.
- Brush half of honey mixture over steaks; broil 3 inches from heat for 4 minutes. Turn steaks over, and brush with remaining honey mixture; broil for 4 minutes or to desired degree of doneness.
- Garnish with fresh sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:4.53, Inflammation Score:-1, Nutrition Score:13.728260872076%

Nutrients (% of daily need)

Calories: 148.24kcal (7.41%), Fat: 4.08g (6.28%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.81g (3.2%), Sugar: 8.62g (9.58%), Cholesterol: 57.15mg (19.05%), Sodium: 201.21mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Copper: 3.15mg (157.48%), Vitamin B12: 2.41µg (40.19%), Selenium: 21.08µg (30.11%), Vitamin B3: 5.58mg (27.9%), Zinc: 3.47mg (23.16%), Phosphorus: 173.39mg (17.34%), Vitamin B2: 0.23mg (13.47%), Iron: 1.8mg (9.98%), Vitamin B1: 0.13mg (8.56%), Vitamin B6: 0.16mg (7.76%), Potassium: 270.02mg (7.71%), Manganese: 0.15mg (7.28%), Magnesium: 26.29mg (6.57%), Vitamin B5: 0.65mg (6.53%), Folate: 20.85µg (5.21%), Calcium: 13.59mg (1.36%), Vitamin E: 0.2mg (1.32%)