



Lamb and Sausage Mixed Grill with Molasses-glazed Nectarines



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 lb baby spinach leaves rinsed drained
- ☐ 0.3 cup rosemary leaves fresh chopped
- ☐ 3 tablespoons garlic chopped
- ☐ 8 lamb rib chops thick (each)
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 8 sausages such as mild or italian hot (2 lb. total)

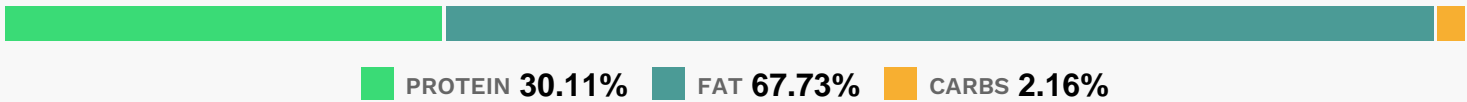
Equipment

- ☐ bowl
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Rinse lamb chops and pat dry. Trim off and discard excess surface fat. In a bowl, mix chops with olive oil, rosemary, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover and chill at least 15 minutes or up to 2 hours.
- ☐ Lay chops and sausages on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn chops and sausages as needed until they're browned on both sides, lamb is still pink in center of thickest part (medium-rare; cut to test), 6 to 8 minutes total (or done to your liking), and sausages are no longer pink in the center (cut to test), 10 to 12 minutes total.
- ☐ Meanwhile, mound spinach leaves on a large rimmed platter. Arrange lamb chops and sausages on spinach and keep warm.
- ☐ With a slotted spoon, lift Molasses-glazed Nectarines from marinade (reserve marinade) and lay on grill. Turn as needed until quarters are beginning to brown on both sides, about 2 minutes total. Arrange beside meats on platter.
- ☐ Drizzle marinade evenly over nectarines and meats.
- ☐ Add more salt and pepper to taste
- ☐ Molasses-glazed Nectarines. In a large bowl, combine 1 tablespoon each molasses, sherry vinegar or balsamic vinegar, and firmly packed brown sugar. Rinse, pit, and quarter 5 firm-ripe nectarines (1/2 lb. each).
- ☐ Add to marinade and mix gently.
- ☐ Let stand 15 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:28.509130540101%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 495.1kcal (24.76%), Fat: 36.71g (56.48%), Saturated Fat: 11.75g (73.42%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.19g (0.21%), Cholesterol: 135.78mg (45.26%), Sodium: 798.05mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.72g (73.44%), Vitamin K: 185.17µg (176.35%), Vitamin A: 3641.7IU (72.83%), Vitamin B12: 3.41µg (56.87%), Vitamin B3: 10.96mg (54.79%), Zinc: 6.39mg (42.57%), Selenium: 26.01µg (37.15%), Phosphorus: 343.23mg (34.32%), Vitamin B6: 0.56mg (27.79%), Vitamin B1: 0.41mg (27.02%), Folate: 99.24µg (24.81%), Vitamin B2: 0.41mg (23.9%), Iron: 4.01mg (22.26%), Manganese: 0.44mg (21.99%), Potassium: 741.61mg (21.19%), Magnesium: 71.9mg (17.97%), Vitamin C: 12.4mg (15.03%), Vitamin B5: 1.36mg (13.57%), Copper: 0.24mg (12.2%), Vitamin E: 1.65mg (11%), Vitamin D: 1.11µg (7.37%), Calcium: 68.03mg (6.8%), Fiber: 1.07g (4.28%)