



## Lamb au Poivre

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



212 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon peppercorns whole black
- ☐ 0.5 cup chicken broth
- ☐ 3 rib to lamb shoulder blade chops 1-inch-thick fat trimmed (3/4- to ) (1 lb total)
- ☐ 1 medium shallots finely chopped
- ☐ 1 teaspoon butter unsalted
- ☐ 1 tablespoon vegetable oil

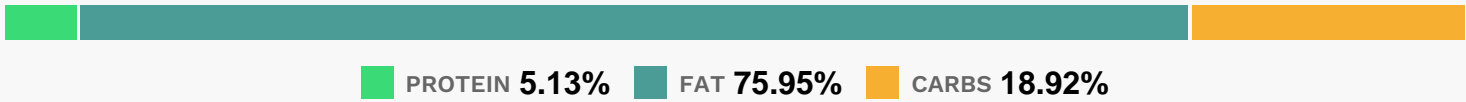
## Equipment

- ☐ frying pan
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ tongs

## Directions

- ☐ Coarsely crush peppercorns with a mortar and pestle or wrap in a kitchen towel and press on peppercorns with bottom of a heavy skillet.
- ☐ Pat chops dry and season with salt. Rub one side of each chop with peppercorns, pressing peppercorns into meat to adhere.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook chops, peppered sides up, 2 minutes. Turn chops over with tongs and cook, pressing down on each chop with side of tongs to help pepper adhere to meat, about 2 minutes more (for medium-rare).
- ☐ Transfer chops with tongs to a plate and let stand while making sauce.
- ☐ Pour off all but 2 teaspoons of fat from skillet if necessary, then sauté shallot, stirring, until golden brown, about 30 seconds.
- ☐ Add broth and Cognac and boil until reduced to about 1/4 cup, 2 to 3 minutes.
- ☐ Remove skillet from heat and swirl in butter.
- ☐ Add any meat juices that have accumulated on plate and season with salt.
- ☐ Serve sauce over lamb.

## Nutrition Facts



## Properties

Glycemic Index:112, Glycemic Load:2.93, Inflammation Score:-3, Nutrition Score:6.3382609927136%

## Nutrients (% of daily need)

Calories: 211.89kcal (10.59%), Fat: 18.3g (28.16%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 8.35g (3.03%), Sugar: 4.9g (5.44%), Cholesterol: 15.65mg (5.22%), Sodium: 446.02mg (19.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Manganese: 0.71mg (35.49%), Vitamin K: 32.76µg

(31.2%), Vitamin E: 1.33mg (8.87%), Fiber: 1.91g (7.65%), Vitamin B2: 0.1mg (5.68%), Vitamin B6: 0.11mg (5.65%), Iron: 1mg (5.57%), Potassium: 192.87mg (5.51%), Copper: 0.11mg (5.41%), Magnesium: 16.75mg (4.19%), Calcium: 39.35mg (3.94%), Phosphorus: 38mg (3.8%), Vitamin B1: 0.05mg (3.25%), Vitamin A: 152.37IU (3.05%), Zinc: 0.41mg (2.72%), Vitamin B3: 0.53mg (2.66%), Vitamin C: 2mg (2.42%), Folate: 9.4µg (2.35%), Vitamin B12: 0.13µg (2.13%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.18mg (1.8%)