



Lamb Chops



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 4 ounce lamb chops
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon rosemary leaves finely chopped

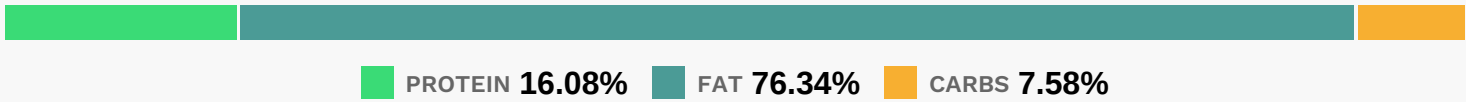
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat a hot grill and the oven to 400 degrees F.
- ☐ Rub the chops with oil, garlic, rosemary, lemon, salt, and pepper.
- ☐ Place on the grill and cook for 4 minutes on each side. Put on a baking sheet and finish in the oven, about 5 minutes, or until desired doneness.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:5.6600000275218%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 179.12kcal (8.96%), Fat: 15.64g (24.06%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.69g (0.77%), Cholesterol: 21.45mg (7.15%), Sodium: 599.39mg (26.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin C: 15.08mg (18.28%), Vitamin B12: 0.8µg (13.41%), Vitamin E: 1.99mg (13.26%), Zinc: 1.37mg (9.13%), Vitamin B6: 0.17mg (8.28%), Vitamin K: 8.56µg (8.15%), Vitamin B3: 1.49mg (7.45%), Vitamin B2: 0.12mg (6.8%), Phosphorus: 67.16mg (6.72%), Iron: 1.06mg (5.91%), Selenium: 3.08µg (4.4%), Fiber: 1.06g (4.26%), Potassium: 140.95mg (4.03%), Manganese: 0.08mg (3.98%), Vitamin B1: 0.05mg (3.38%), Copper: 0.06mg (3.23%), Vitamin B5: 0.31mg (3.14%), Magnesium: 10.64mg (2.66%), Calcium: 21.02mg (2.1%), Folate: 4.59µg (1.15%)