



Lamb Chops with Blue Cheese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup brandy
- ☐ 1 egg yolk beaten
- ☐ 0.5 cup grapes green seedless sliced
- ☐ 20 ounce lamb loin chops lean ()
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup whipping cream

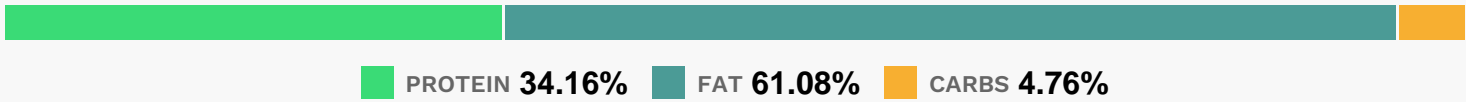
Equipment

☐ frying pan

Directions

- ☐ Trim fat from chops. Cook lamb chops in hot oil in a large skillet over medium-high heat 8 to 10 minutes on each side or until browned. Cover, reduce heat, and cook 20 minutes or to desired degree of doneness, turning once.
- ☐ Transfer chops to a serving platter, and keep warm.
- ☐ Pour brandy into skillet.
- ☐ Combine whipping cream and egg yolk; add to brandy in skillet, stirring well. Cook over low heat, stirring constantly, until thickened. Stir in grapes and cheese. Spoon sauce evenly over chops, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:17.415652072948%

Nutrients (% of daily need)

Calories: 426.74kcal (21.34%), Fat: 26.3g (40.47%), Saturated Fat: 12.36g (77.27%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.86g (4.29%), Cholesterol: 182.1mg (60.7%), Sodium: 204.21mg (8.88%), Alcohol: 5.01g (100%), Alcohol %: 2.86% (100%), Protein: 33.1g (66.2%), Vitamin B12: 3.37µg (56.18%), Selenium: 38.11µg (54.44%), Vitamin B3: 9.37mg (46.86%), Phosphorus: 341.15mg (34.12%), Zinc: 4.94mg (32.94%), Vitamin B2: 0.45mg (26.57%), Iron: 2.98mg (16.55%), Vitamin B6: 0.3mg (14.88%), Vitamin B1: 0.21mg (14.3%), Potassium: 482.38mg (13.78%), Vitamin B5: 1.3mg (13.01%), Vitamin A: 579.05IU (11.58%), Folate: 45.19µg (11.3%), Magnesium: 43.84mg (10.96%), Copper: 0.22mg (10.93%), Calcium: 88.92mg (8.89%), Vitamin E: 1.22mg (8.13%), Vitamin K: 6.05µg (5.76%), Vitamin D: 0.76µg (5.07%), Manganese: 0.05mg (2.68%)