






 **76%**
HEALTH SCORE

Lamb Chops With Caramelized Onions And Swiss Chard

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

55 min.

SERVINGS

4

CALORIES

298 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 2 tablespoons brown sugar
- 4 ounce french-cut lamb rib chops lean
- 0.3 cup olive oil vinaigrette reduced-calorie (such as Ken's Steakhouse)
- 2 teaspoons olive oil
- 1.5 pounds swiss chard leaves
- 1.5 pounds vidalia onions sliced

3 tablespoons water

Equipment

frying pan

grill

ziploc bags

Directions

Trim fat from lamb.

Place lamb in a large heavy-duty, zip-top plastic bag; pour vinaigrette over chops. Seal bag, and marinate in refrigerator 8 hours, turning bag occasionally.

Pour oil into a large nonstick skillet; place skillet over medium heat until hot.

Add onion; cover and cook 20 minutes or until golden, stirring often.

Add brown sugar and balsamic vinegar; cook 2 minutes, stirring constantly.

Add water; bring to a boil, scraping browned bits.

Add Swiss chard; cover and cook 3 minutes or just until wilted, stirring once. Set aside, cover, and keep warm.

Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).

Remove lamb from bag, reserving marinade.

Place lamb on rack; grill, uncovered, 3 to 5 minutes on each side or until desired degree of doneness, turning occasionally and basting with reserved marinade.

Serve with onion mixture.

Nutrition Facts



PROTEIN 13.01% **FAT 53.83%** **CARBS 33.16%**

Properties

Glycemic Index:20.5, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:27.283913114797%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg
Kaempferol: 11.8mg, Kaempferol: 11.8mg, Kaempferol: 11.8mg, Kaempferol: 11.8mg
Myricetin: 7.21mg, Myricetin: 7.21mg, Myricetin: 7.21mg, Myricetin: 7.21mg Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg

Nutrients (% of daily need)

Calories: 298kcal (14.9%), Fat: 18.59g (28.6%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 21.52g (7.82%), Sugar: 16.83g (18.7%), Cholesterol: 18.71mg (6.24%), Sodium: 399.8mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.23%), Vitamin K: 1421.65µg (1353.95%), Vitamin A: 10404.84IU (208.1%), Vitamin C: 59.19mg (71.75%), Magnesium: 161.31mg (40.33%), Manganese: 0.77mg (38.39%), Vitamin E: 5.53mg (36.9%), Potassium: 934.83mg (26.71%), Iron: 4.14mg (22.98%), Vitamin B6: 0.44mg (21.87%), Copper: 0.44mg (21.84%), Phosphorus: 176.48mg (17.65%), Folate: 68.95µg (17.24%), Fiber: 4.25g (17.01%), Vitamin B2: 0.24mg (14.34%), Calcium: 130.72mg (13.07%), Vitamin B3: 2.58mg (12.92%), Zinc: 1.92mg (12.78%), Selenium: 8.78µg (12.54%), Vitamin B1: 0.17mg (11.45%), Vitamin B12: 0.67µg (11.25%), Vitamin B5: 0.65mg (6.51%)