



Lamb Chops with Cherry Balsamic Sauce and Mint

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup beef broth
- ☐ 0.3 teaspoon pepper black
- ☐ 4 tablespoons mint leaves fresh finely chopped
- ☐ 6 inch lamb chops trimmed (2 lb total)
- ☐ 0.3 teaspoon salt
- ☐ 4 oz shallots thinly sliced

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

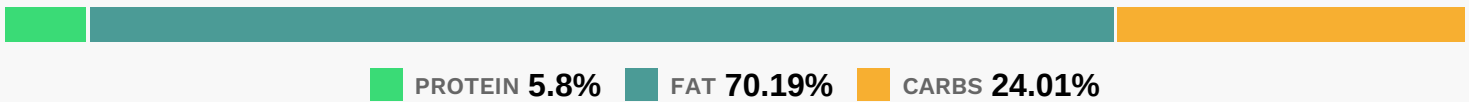
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Stir fresh cherries together with sugar and macerate while browning chops. If using frozen cherries, stir with any juices and sugar and thaw, about 1 1/2 hours.
- ☐ Pat lamb dry and sprinkle with salt and pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté 4 chops, turning over once, about 6 minutes total for medium-rare.
- ☐ Transfer to a plate and loosely cover with foil. Cook and transfer remaining 4 chops in same manner.
- ☐ Pour off fat from skillet and add remaining tablespoon oil.
- ☐ Heat until hot but not smoking, then sauté shallot, stirring, until golden brown, about 3 minutes.
- ☐ Add cherries with juices, broth, and vinegar and bring to a boil, stirring occasionally and scraping up brown bits, then reduce heat and simmer 3 minutes.
- ☐ Add salt and pepper to taste, then add butter and 2 tablespoons mint, stirring just until butter is melted.
- ☐ Spoon sauce over chops and sprinkle with remaining 2 tablespoons mint.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:3.95, Inflammation Score:-4, Nutrition Score:4.0200000042501%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

Nutrients (% of daily need)

Calories: 162.38kcal (8.12%), Fat: 12.93g (19.89%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 8.61g (3.13%), Sugar: 6.43g (7.14%), Cholesterol: 18.29mg (6.1%), Sodium: 267.07mg (11.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin K: 13.43µg (12.79%), Manganese: 0.17mg (8.62%), Vitamin A: 389.15IU (7.78%), Vitamin B6: 0.13mg (6.27%), Fiber: 1.34g (5.36%), Vitamin E: 0.73mg (4.88%), Potassium: 165.22mg (4.72%), Vitamin C: 3.86mg (4.68%), Iron: 0.81mg (4.53%), Folate: 16.17µg (4.04%), Phosphorus: 36.99mg (3.7%), Magnesium: 12.86mg (3.22%), Vitamin B3: 0.6mg (2.99%), Calcium: 29.45mg (2.94%), Copper: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.61%), Vitamin B12: 0.15µg (2.57%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.03mg (1.82%), Vitamin B5: 0.15mg (1.52%), Selenium: 1.06µg (1.51%)