



Lamb Chops with Cherry Mint Sauce

 Gluten Free  Dairy Free

READY IN



525 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings bell pepper black
- 4 cups cabernet
- 0.1 cup cornstarch
- 2 cups cherries dried
- 1 tablespoon rosemary leaves fresh
- 4 cloves garlic sliced
- 6 servings kosher salt
- 6 colorado lamb chops

- 2 cups mint stems
- 6 mint sprigs fresh for garnish
- 1 cup mint leaves chopped
- 1 cup olive oil extra-virgin
- 0.3 cup sugar
- 0.8 cup water

Equipment

- bowl
- frying pan
- paper towels
- whisk
- wooden spoon
- grill
- ziploc bags

Directions

- Rinse lamb chops under cold running water and pat dry with paper towels.
- Place the lamb chops in a large resealable plastic bag and add olive oil, rosemary, and garlic.
- Let marinate overnight in the refrigerator.
- Preheat your grill.
- Remove the lamb chops from the plastic bag and season with salt and pepper.
- Place the lamb chops on the grill at a 45 degree angle to establish nice grill marks. Once the internal temperature has reached 135 to 140 degrees, remove the lamb chops from the grill and let rest for 5 minutes before serving.
- Spoon the Cherry Mint Sauce over the meat and serve with mashed potatoes and string beans, if desired.
- Garnish each plate with a sprig of mint.
- Place cherries, wine, and mint stems in a large skillet and bring to a boil; cook until reduced by 2/3 and then remove stems.

Whisk in chopped mint and sugar. In a small bowl, mix together water and cornstarch to form a slurry, and then add to the cherry sauce. Cook the sauce until it coats the back of a wooden spoon.

Nutrition Facts

PROTEIN 33.23% **FAT 31.47%** **CARBS 35.3%**

Properties

Glycemic Index:22.02, Glycemic Load:6.02, Inflammation Score:-9, Nutrition Score:24.596956605497%

Flavonoids

Petunidin: 5.31mg, Petunidin: 5.31mg, Petunidin: 5.31mg, Petunidin: 5.31mg Delphinidin: 6.69mg, Delphinidin: 6.69mg, Delphinidin: 6.69mg, Delphinidin: 6.69mg Malvidin: 41.98mg, Malvidin: 41.98mg, Malvidin: 41.98mg, Malvidin: 41.98mg Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg Catechin: 12.32mg, Catechin: 12.32mg, Catechin: 12.32mg Epicatechin: 17.06mg, Epicatechin: 17.06mg, Epicatechin: 17.06mg, Epicatechin: 17.06mg Eriodictyol: 7.27mg, Eriodictyol: 7.27mg, Eriodictyol: 7.27mg, Eriodictyol: 7.27mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 671.74kcal (33.59%), Fat: 19.28g (29.67%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 42.84g (15.58%), Sugar: 29.25g (32.5%), Cholesterol: 128.6mg (42.87%), Sodium: 309.79mg (13.47%), Alcohol: 16.8g (100%), Alcohol %: 4.68% (100%), Protein: 45.81g (91.61%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.18mg (54.51%), Vitamin A: 2443.1IU (48.86%), Vitamin B3: 9.08mg (45.41%), Vitamin B2: 0.7mg (41.32%), Phosphorus: 379.52mg (37.95%), Vitamin B6: 0.75mg (37.63%), Iron: 5.73mg (31.81%), Selenium: 16.75µg (23.93%), Fiber: 5.82g (23.28%), Potassium: 681.25mg (19.46%), Copper: 0.35mg (17.71%), Manganese: 0.35mg (17.53%), Vitamin B5: 1.59mg (15.93%), Vitamin B1: 0.23mg (15.18%), Magnesium: 59.49mg (14.87%), Calcium: 119.47mg (11.95%), Vitamin C: 8.17mg (9.9%), Vitamin E: 1.04mg (6.93%), Folate: 27.23µg (6.81%), Vitamin K: 4.53µg (4.32%)