



Lamb Chops with Dried Cherries and Port



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 cup cherries dried
- ☐ 3 tablespoons smucker's cherry preserves
- ☐ 2 servings mint leaves fresh chopped
- ☐ 0.5 teaspoon ground cardamom
- ☐ 16 ounce to lamb shoulder blade chops
- ☐ 0.5 cup chicken broth
- ☐ 2 teaspoons olive oil

- ☐ 0.8 cup port wine
- ☐ 0.3 cup shallots chopped

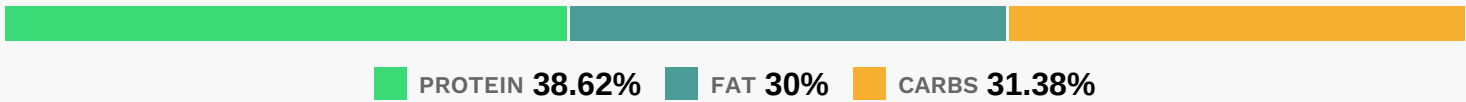
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in heavy medium nonstick skillet overmedium–high heat.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Add lamb to skillet; cook to desired doneness, turning often, about 10 minutes for medium–rare.
- ☐ Transfer lamb to plate.
- ☐ Pour off drippings from skillet.
- ☐ Add shallots to same skillet; sauté 1 minute.
- ☐ Add Port, broth, cherries, jam, vinegar, and cardamom; boil until cherries plump and liquid is syrupy, about 6 minutes. Season with salt and pepper. Spoon sauce over lamb.
- ☐ Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:14.54, Inflammation Score:–6, Nutrition Score:28.36304360369%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg Delphinidin: 3.51mg, Delphinidin: 3.51mg, Delphinidin: 3.51mg, Delphinidin: 3.51mg Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 4.05mg, Peonidin: 4.05mg, Peonidin: 4.05mg, Peonidin: 4.05mg Catechin: 10.38mg, Catechin: 10.38mg, Catechin: 10.38mg, Catechin: 10.38mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Eriodictyol:

0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 711.1kcal (35.55%), Fat: 20.27g (31.19%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 45.17g (16.43%), Sugar: 30.34g (33.72%), Cholesterol: 171.57mg (57.19%), Sodium: 175.67mg (7.64%), Alcohol: 13.77g (100%), Alcohol %: 3.73% (100%), Protein: 58.72g (117.45%), Vitamin B12: 6.5µg (108.3%), Zinc: 10.89mg (72.62%), Vitamin B3: 12.72mg (63.61%), Vitamin B6: 1.1mg (54.79%), Vitamin B2: 0.93mg (54.55%), Phosphorus: 543.92mg (54.39%), Iron: 6.29mg (34.95%), Selenium: 23.32µg (33.32%), Potassium: 1099.76mg (31.42%), Copper: 0.51mg (25.62%), Manganese: 0.45mg (22.55%), Vitamin B5: 2.22mg (22.19%), Vitamin B1: 0.33mg (21.89%), Magnesium: 77.35mg (19.34%), Vitamin C: 8.63mg (10.46%), Fiber: 2.54g (10.15%), Calcium: 67.42mg (6.74%), Folate: 19.23µg (4.81%), Vitamin E: 0.65mg (4.35%), Vitamin K: 3.45µg (3.28%), Vitamin A: 66.14IU (1.32%)