



Lamb Chops with Fresh Herbs and Roasted Figs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 figs ripe halved lengthwise
- ☐ 4 teaspoons marjoram fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 4 teaspoons thyme sprigs fresh chopped
- ☐ 2 garlic clove sliced
- ☐ 2 tablespoons grapeseed oil
- ☐ 4 pound lamb racks of trimmed of fat

- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 16 sprigs lemon thyme

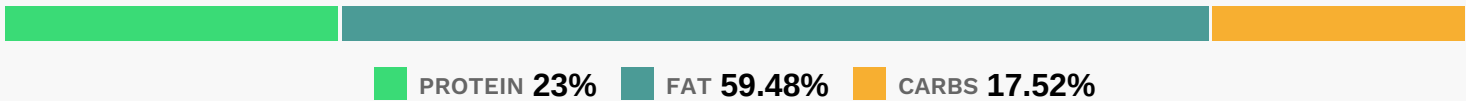
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Combine herbs in small bowl. Rublamb with olive oil, half of chopped herbs,and garlic; cover and chill overnight.
- ☐ Preheat oven to 425°F.
- ☐ Heat grapeseedoil in large skillet over medium-high heat.
- ☐ Sprinkle lamb with salt and pepper; searuntil brown on both sides, 5 minutes total.
- ☐ Transfer lamb to large rimmed bakingsheet; roast to desired doneness, about20 minutes for medium-rare.
- ☐ Transfer lambto cutting board; let rest 5 to 10 minutes.Maintain oven temperature; reserve bakingsheet for figs.
- ☐ Place figs and thyme sprigs onbaking sheet.
- ☐ Sprinkle with remainingherbs and drizzle with extra-virgin olive oil.Roast in oven at 425°F for 10 minutes.
- ☐ Cut lamb racks into individual chops;arrange on plates and place figs alongside.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:10.22, Inflammation Score:-9, Nutrition Score:18.181739226631%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 464.75kcal (23.24%), Fat: 31.06g (47.79%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 17.05g (6.2%), Sugar: 16.31g (18.12%), Cholesterol: 85.82mg (28.61%), Sodium: 95.56mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Vitamin B12: 3.09µg (51.58%), Selenium: 29.34µg (41.91%), Vitamin B3: 8.14mg (40.71%), Zinc: 5.18mg (34.53%), Phosphorus: 255.38mg (25.54%), Vitamin E: 3.72mg (24.79%), Vitamin B2: 0.33mg (19.45%), Iron: 3.36mg (18.67%), Vitamin B6: 0.35mg (17.43%), Potassium: 607.68mg (17.36%), Vitamin B1: 0.22mg (14.68%), Magnesium: 56.49mg (14.12%), Fiber: 3.53g (14.12%), Vitamin K: 14.24µg (13.56%), Manganese: 0.25mg (12.4%), Copper: 0.24mg (12.03%), Vitamin B5: 1.17mg (11.7%), Vitamin C: 8.88mg (10.76%), Folate: 35.6µg (8.9%), Calcium: 69.9mg (6.99%), Vitamin A: 347.49IU (6.95%)