



Lamb Chops with Garlic and Olive Oil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 8 lamb rib chops
- ☐ 6 tablespoons olive oil
- ☐ 0.5 teaspoon salt

Equipment

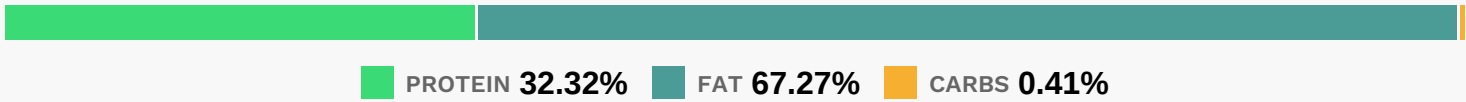
- ☐ oven
- ☐ grill

- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ tongs

Directions

- ☐ Light the grill or heat the broiler. In a shallow dish, combine 4 tablespoons of the oil with the garlic, salt, and pepper.
- ☐ Add the lamb chops and turn to coat.
- ☐ Grill over high heat or broil the lamb chops for 5 minutes, basting with the remaining 2 tablespoons oil. Turn and cook until done, about 5 minutes longer.
- ☐ Add four teaspoons of chopped fresh rosemary to the garlic and oil mixture.
- ☐ Add three tablespoons of chopped fresh sage and an additional tablespoon olive oil to the garlic and oil mixture. Use lamb loin chops instead of rib chops.
- ☐ Test-Kitchen Tips: When grilling quick-cooking items such as chops, turn them only once. If you leave the meat alone for a few minutes, it will have a chance to form a nice brown crust. If you move it too soon, the meat will stick, and you'll pull off the incipient crust. Once that brown edge forms, the meat is easy to move. When you do turn the meat, use tongs or a spatula. Never poke a fork into the meat or the precious juices will escape.
- ☐ Wine Recommendation: Grilled lamb chops are the perfect foil for the rich cassis and herbal flavors of cabernet sauvignon. Your best bet here is a so-called super Tuscan. Though the most famous wines, such as Sassicaia and Tignanello, fetch astronomical prices, many excellent values can also be found.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:22.963043786423%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 570.13kcal (28.51%), Fat: 41.87g (64.42%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.02g (0.02%), Cholesterol: 149.16mg (49.72%), Sodium: 454.11mg (19.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.26g (90.53%), Vitamin B12: 5.38µg (89.65%), Selenium: 50.62µg (72.31%), Vitamin B3: 13.32mg (66.62%), Zinc: 8.61mg (57.38%), Phosphorus: 411.55mg (41.16%), Vitamin B2: 0.45mg (26.7%), Vitamin E: 3.46mg (23.04%), Iron: 3.93mg (21.84%), Vitamin B6: 0.38mg (19.03%), Vitamin B1: 0.27mg (18.29%), Potassium: 606.85mg (17.34%), Vitamin B5: 1.48mg (14.8%), Magnesium: 57.1mg (14.27%), Copper: 0.26mg (12.86%), Vitamin K: 12.87µg (12.26%), Folate: 47.53µg (11.88%), Manganese: 0.1mg (4.8%), Calcium: 30.78mg (3.08%)