



Lamb Chops with Herb Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1.5 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1.5 tablespoons tarragon fresh finely chopped
- ☐ 4 ounce lamb loin chops
- ☐ 1.5 teaspoons juice of lemon

- ☐ 1 tablespoon pimientos finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1.5 tablespoons water

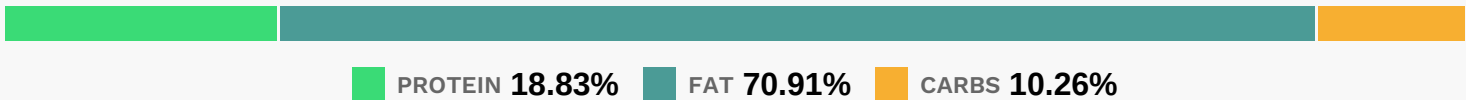
Equipment

- ☐ bowl
- ☐ whisk
- ☐ roasting pan
- ☐ broiler
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle 1/4 teaspoon salt and pepper over lamb.
- ☐ Place lamb on the rack of a broiler pan or roasting pan; place rack in pan. Broil 5 minutes on each side or until desired degree of doneness.
- ☐ Combine shallots, 1 1/2 tablespoons water, and vinegar in a small microwave-safe bowl; microwave at HIGH 30 seconds. Stir in remaining 1/4 teaspoon salt, juice, oil, and mustard, stirring with a whisk.
- ☐ Add parsley and remaining ingredients, stirring well.
- ☐ Serve vinaigrette over lamb.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:6.6830435110175%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 9.34g (14.36%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.6g (0.66%), Cholesterol: 20.98mg (6.99%), Sodium: 325.08mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin K: 26.35µg (25.1%), Manganese: 0.29mg (14.46%), Vitamin B3: 2.16mg (10.8%), Vitamin C: 8.75mg (10.61%), Vitamin B12: 0.58µg (9.64%), Iron: 1.67mg (9.29%), Selenium: 5.98µg (8.55%), Vitamin A: 391.84IU (7.84%), Vitamin B6: 0.13mg (6.63%), Vitamin B2: 0.1mg (6.16%), Zinc: 0.89mg (5.95%), Phosphorus: 59.07mg (5.91%), Potassium: 187.97mg (5.37%), Magnesium: 19.48mg (4.87%), Folate: 18.18µg (4.55%), Calcium: 43.97mg (4.4%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.13%), Fiber: 0.71g (2.85%), Vitamin E: 0.32mg (2.14%), Vitamin B5: 0.21mg (2.13%)