



## Lamb Chops With Honey-Balsamic Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.8 cup no-salt-added beef broth
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1 tablespoon honey
- ☐ 20 ounce lamb loin chops lean

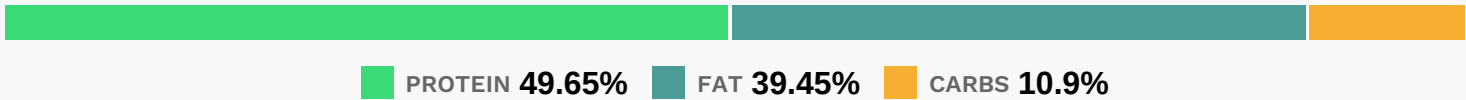
## Equipment

☐ frying pan

Directions

- ☐ Coat both sides of lamb chops with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot; add lamb, and cook 5 minutes on each side.
- ☐ Combine broth and next 4 ingredients, stirring until smooth; add to lamb in skillet, stirring well. Cook lamb in glaze 3 minutes on each side or to desired degree of doneness, stirring glaze often.
- ☐ Transfer lamb to a serving platter. Stir mint into glaze.
- ☐ Pour over lamb, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:2.94, Inflammation Score:-3, Nutrition Score:15.882174013749%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 284.79kcal (14.24%), Fat: 11.59g (17.83%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 7.09g (2.58%), Sugar: 5.51g (6.12%), Cholesterol: 104.99mg (35%), Sodium: 356.77mg (15.51%), Alcohol: 1.58g (100%), Alcohol %: 1.03% (100%), Protein: 32.82g (65.64%), Vitamin B12: 3.51µg (58.5%), Selenium: 37.55µg (53.64%), Vitamin B3: 10.03mg (50.15%), Zinc: 5.16mg (34.39%), Phosphorus: 296.88mg (29.69%), Vitamin B2: 0.36mg (21.45%), Iron: 3.21mg (17.85%), Vitamin B6: 0.31mg (15.26%), Potassium: 472.98mg (13.51%), Vitamin B1: 0.19mg (12.96%), Magnesium: 43.33mg (10.83%), Copper: 0.21mg (10.67%), Vitamin B5: 1.06mg (10.64%), Folate:

36.61µg (9.15%), Vitamin C: 6.14mg (7.45%), Manganese: 0.07mg (3.41%), Calcium: 24.03mg (2.4%), Vitamin E: 0.27mg (1.8%), Vitamin A: 53.1IU (1.06%)