



Lamb Chops with Lemon



Gluten Free



Dairy Free

READY IN



840 min.

SERVINGS



12

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons mint leaves fresh chopped
- ☐ 6 large garlic clove minced
- ☐ 24 lamb rib chops racks of (from three)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 sprigs oregano fresh (for garnish)
- ☐ 6 tablespoons oregano fresh chopped

- ☐ 3 large shallots minced
- ☐ 1 tablespoon sugar

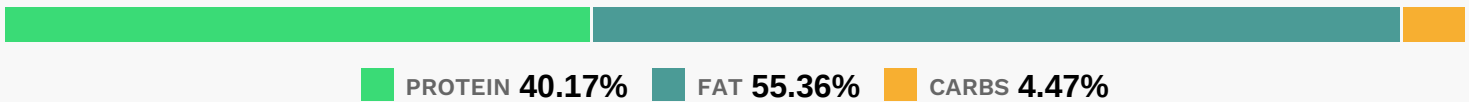
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Mix minced shallots, chopped mint, chopped oregano, minced garlic, sugar, and 1 tablespoon salt in small bowl. Press 1 rounded teaspoon shallot-herb mixture onto eye of each lamb chop. Turn chops over onto large rimmed baking sheet. Press remaining shallot- herb mixture onto eye of each chop. Cover lamb chops with sheet of plastic wrap and refrigerate overnight.
- ☐ Whisk olive oil, lemon juice, and lemon peel in small bowl until slightly thickened and well blended. Season lightly with salt and generously with freshly ground black pepper. Spoon oil mixture lightly over chops. Turn chops over and spoon remaining oil mixture over.
- ☐ Let stand at room temperature 1 hour.
- ☐ Prepare barbecue (medium-high heat). Grill lamb chops to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer lamb chops to platter.
- ☐ Garnish with fresh oregano sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:25.049999910852%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 464.28kcal (23.21%), Fat: 28.02g (43.12%), Saturated Fat: 8.48g (52.97%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.73g (1.92%), Cholesterol: 149.16mg (49.72%), Sodium: 165.38mg (7.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.76g (91.52%), Vitamin B12: 5.38µg (89.65%), Selenium: 50.82µg (72.6%), Vitamin B3: 13.51mg (67.53%), Zinc: 8.73mg (58.22%), Phosphorus: 421.24mg (42.12%), Vitamin B2: 0.48mg (28.05%), Iron: 5.03mg (27.94%), Vitamin B6: 0.44mg (21.77%), Vitamin K: 20.87µg (19.87%), Potassium: 678.37mg (19.38%), Vitamin B1: 0.29mg (19.06%), Magnesium: 67.69mg (16.92%), Vitamin B5: 1.54mg (15.36%), Folate: 59.62µg (14.9%), Copper: 0.29mg (14.35%), Manganese: 0.26mg (13.03%), Vitamin E: 1.93mg (12.9%), Calcium: 81.78mg (8.18%), Fiber: 1.63g (6.52%), Vitamin C: 3.92mg (4.75%), Vitamin A: 152.42IU (3.05%)