



Lamb Chops with Mint-Fig Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 tablespoons fig preserves (such as Braswell's)
- ☐ 4 teaspoons mint leaves fresh chopped
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons less-sodium beef broth fat-free
- ☐ 0.5 teaspoon salt

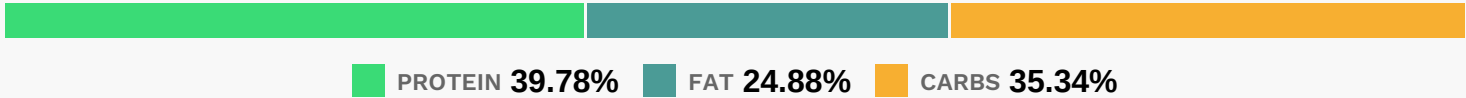
Equipment

- ☐ bowl
- ☐ broiler
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Place lamb on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness. Keep warm.
- ☐ Combine preserves, broth, juice, and garlic in a small microwave-safe bowl. Microwave at HIGH 20 seconds; stir in mint.
- ☐ Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:3.2513043436667%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 1.71g (2.63%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.5g (3.89%), Cholesterol: 18.71mg (6.24%), Sodium: 325.98mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin B12: 0.63µg (10.44%), Selenium: 6.94µg (9.91%), Vitamin B3: 1.86mg (9.3%), Zinc: 0.92mg (6.15%), Phosphorus: 56.92mg (5.69%), Vitamin B2: 0.07mg

(4.26%), Iron: 0.62mg (3.45%), Potassium: 108.74mg (3.11%), Vitamin B6: 0.06mg (3%), Vitamin C: 2.29mg (2.78%), Manganese: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.7%), Copper: 0.05mg (2.48%), Magnesium: 8.83mg (2.21%), Folate: 8.5µg (2.12%), Vitamin B5: 0.2mg (2.01%)