



HEALTH SCORE

58%

Lamb Chops With Minted Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings minted apples
- ☐ 1 garlic bulb
- ☐ 8 lamb chops 2-inch-thick trimmed ()
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon biltmore rub dry

Equipment

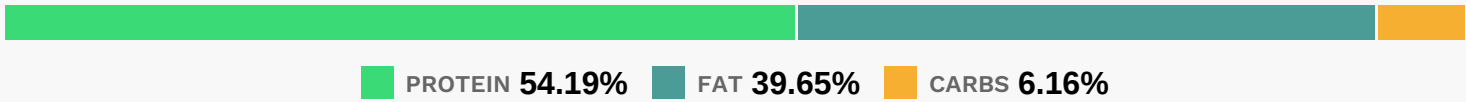
- ☐ frying pan
- ☐ oven

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Cut off pointed end of garlic bulb, and place on a piece of aluminum foil.
- ☐ Drizzle with olive oil, and fold foil to seal.
- ☐ Bake at 425 for 30 minutes. Cool and peel 12 cloves, reserving any remaining cloves for other uses.
- ☐ Sprinkle lamb evenly with Biltmore Dry Rub, and place on a lightly greased rack in a broiler pan.
- ☐ Bake at 325 for 45 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare). Reserve 1/4 cup drippings for Minted Apples.
- ☐ Serve with Minted Apples and roasted garlic.
- ☐ Pork Chops With Minted Apples: Substitute 4 (2-inch-thick) bone-in pork chops.
- ☐ Sprinkle evenly with 2 teaspoons Biltmore Dry Rub.
- ☐ Bake at 325 for 45 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove chops, and add 1/4 cup water to pan; cook over medium heat 2 minutes, stirring to loosen browned bits. Substitute mixture for 1/4 cup reserved drippings in Minted Apples.
- ☐ Garnish with fresh sage and rosemary, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.35, Inflammation Score:-3, Nutrition Score:33.88521724421%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg

Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 636.52kcal (31.83%), Fat: 27.29g (41.98%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.9g (2.87%), Sugar: 6.54g (7.26%), Cholesterol: 257.21mg (85.74%), Sodium: 200.81mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.91g (167.83%), Vitamin B12: 9.65µg (160.88%), Zinc: 15.83mg (105.54%), Vitamin B3: 17.42mg (87.08%), Vitamin B2: 1.29mg (75.88%), Phosphorus: 726.89mg (72.69%), Vitamin B6: 1.44mg (72%), Selenium: 32.86µg (46.94%), Iron: 7.96mg (44.25%), Potassium: 1147.96mg (32.8%), Vitamin B5: 3.04mg (30.38%), Vitamin B1: 0.42mg (28.22%), Copper: 0.55mg (27.55%), Magnesium: 84.23mg (21.06%), Vitamin K: 11.55µg (11%), Manganese: 0.15mg (7.42%), Fiber: 1.63g (6.52%), Calcium: 54.44mg (5.44%), Vitamin E: 0.63mg (4.2%), Vitamin C: 3.23mg (3.91%), Vitamin A: 60.14IU (1.2%)