



Lamb Chops with Minted Sour Cream Sauce

 Gluten Free

READY IN



16 min.

SERVINGS



2

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce lamb loin chops lean ()
- ☐ 0.5 teaspoon mint leaves dried
- ☐ 0.3 teaspoon roasted garlic-pepper seasoning or black
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

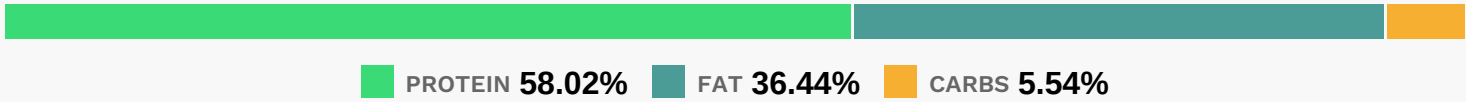
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients; stir well, and set aside.
- ☐ Trim fat from chops; sprinkle chops with 1/4 teaspoon salt and garlic pepper.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chops. Cook 3 to 4 minutes on each side or until browned. Reduce heat to medium-low; cook 2 to 3 additional minutes on each side or to desired degree of doneness.
- ☐ Serve with sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:22.771739201134%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 346.17kcal (17.31%), Fat: 13.47g (20.73%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.12g (0.13%), Cholesterol: 152.27mg (50.76%), Sodium: 630.86mg (27.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.27g (96.54%), Vitamin B12: 5.1µg (84.97%), Selenium: 55.1µg (78.72%), Vitamin B3: 14.79mg (73.94%), Zinc: 7.38mg (49.23%), Phosphorus: 458.82mg (45.88%), Vitamin B2: 0.57mg (33.25%), Iron: 4.34mg (24.13%), Vitamin B1: 0.31mg (20.47%), Vitamin B6: 0.4mg (19.8%), Potassium: 664.78mg (18.99%), Magnesium: 64.24mg (16.06%), Vitamin B5: 1.5mg (14.99%), Copper: 0.3mg (14.82%), Folate: 57.63µg (14.41%), Calcium: 64.16mg (6.42%), Manganese: 0.06mg (3.11%), Vitamin E: 0.43mg (2.87%), Vitamin A: 74.41IU (1.49%)