



Lamb Chops with Rosemary and Grapes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 4 cloves garlic cut into thin slices
- ☐ 4 servings fresh-ground pepper black
- ☐ 1 teaspoon honey
- ☐ 8 lamb loin chops thick
- ☐ 1.5 tablespoons olive oil
- ☐ 2 cups grapes red (from a 1-pound bunch)

☐ 4 servings salt

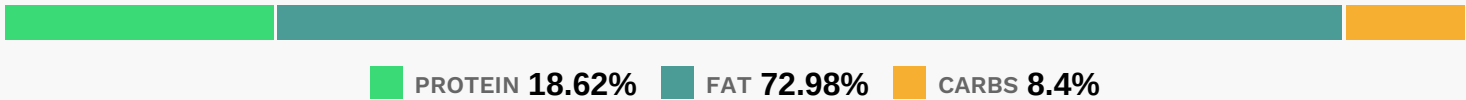
Equipment

☐ frying pan

Directions

- ☐ In a large stainless-steel or nonstick frying pan, heat the oil over moderately high heat. Season the lamb chops with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Put the chops in the pan and sprinkle 1 1/2 tablespoons of the rosemary in the spaces between the chops. Cook the chops for 5 minutes. Turn and sprinkle the garlic in between the chops. Cook the chops until done to your taste, 3 to 5 minutes longer for medium rare.
- ☐ Remove the chops and garlic and keep in a warm spot.
- ☐ Pour off all but 2 tablespoons of the fat from the pan.
- ☐ Add the grapes and the remaining 1 1/2 tablespoons rosemary to the pan. Reduce the heat and cook, stirring frequently, until the grapes soften, about 8 minutes.
- ☐ Add the wine to the pan and simmer 2 minutes. Stir in the garlic and any juices from the lamb, the honey, 1/8 teaspoon salt, and a pinch of pepper.
- ☐ Serve the lamb topped with the grapes and sauce.
- ☐ Variation: In place of the loin chops, you can use lamb shoulder chops, about one inch thick (about two pounds in all). Cook them a little less than the loin chops.
- ☐ Wine Recommendation: Cabernet sauvignon is classic with lamb, but a European cabernet will taste austere against the slightly sweet sauce here. Instead, try a California or Washington State cabernet, which will be fruity enough to blend with the sweetness.

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:7.09, Inflammation Score:-4, Nutrition Score:22.119999963304%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 827.51kcal (41.38%), Fat: 65.66g (101.02%), Saturated Fat: 27.39g (171.18%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 16.01g (5.82%), Sugar: 13.36g (14.85%), Cholesterol: 167.24mg (55.75%), Sodium: 323.95mg (14.08%), Alcohol: 2.06g (100%), Alcohol %: 0.78% (100%), Protein: 37.7g (75.39%), Vitamin B12: 4.61µg (76.84%), Vitamin B3: 14.82mg (74.12%), Selenium: 43.25µg (61.79%), Zinc: 5.85mg (38.99%), Phosphorus: 368.03mg (36.8%), Vitamin B2: 0.54mg (31.58%), Iron: 4.16mg (23.13%), Vitamin B6: 0.41mg (20.58%), Vitamin B1: 0.31mg (20.56%), Potassium: 666.43mg (19.04%), Copper: 0.35mg (17.48%), Vitamin B5: 1.5mg (15.03%), Magnesium: 57.07mg (14.27%), Vitamin K: 14.48µg (13.79%), Folate: 41.91µg (10.48%), Manganese: 0.2mg (9.84%), Vitamin E: 1.31mg (8.73%), Calcium: 54.16mg (5.42%), Vitamin C: 3.69mg (4.47%), Fiber: 0.98g (3.93%), Vitamin A: 94.51IU (1.89%)