



HEALTH SCORE

54%

Lamb Chops with Rosemary Flageolets



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



1.3 cups carrots finely chopped



1 cup celery finely chopped



0.5 cup cooking wine dry white



2 cups less-sodium chicken broth fat-free



2 teaspoons rosemary fresh divided chopped



4 garlic cloves minced



24 ounce lamb loin chops trimmed

- ☐ 4 cups flageolet beans cooked
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.8 cup shallots finely chopped

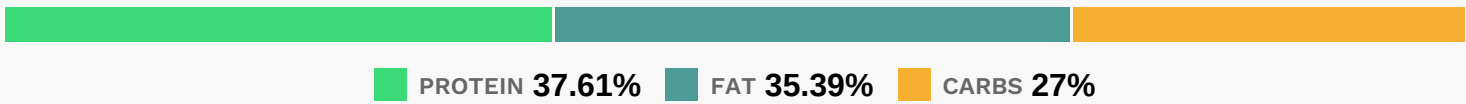
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon oil in a large saucepan over medium heat.
- ☐ Add carrot, celery, shallots, and garlic to pan; cover and cook 15 minutes or until tender and golden brown, stirring occasionally.
- ☐ Add wine to pan; cook 2 minutes or until liquid almost evaporates.
- ☐ Add beans, broth, 1 teaspoon rosemary, and 1/2 teaspoon salt; bring to a simmer.
- ☐ Remove from heat, and keep warm.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Sprinkle lamb evenly with remaining 1 teaspoon rosemary, remaining 1/4 teaspoon salt, and pepper.
- ☐ Add lamb to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with bean mixture.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:25.6604347229%

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: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 317.44kcal (15.87%), Fat: 11.98g (18.44%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 16.17g (5.88%), Sugar: 4.14g (4.6%), Cholesterol: 74.84mg (24.95%), Sodium: 723.61mg (31.46%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 28.65g (57.31%), Vitamin A: 4533.31IU (90.67%), Folate: 207.19µg (51.8%), Vitamin C: 38.21mg (46.32%), Vitamin B12: 2.66µg (44.29%), Selenium: 29.18µg (41.69%), Vitamin B3: 8.22mg (41.08%), Phosphorus: 321.65mg (32.16%), Zinc: 4.52mg (30.11%), Potassium: 916.86mg (26.2%), Iron: 4.6mg (25.57%), Magnesium: 87.9mg (21.98%), Vitamin B6: 0.39mg (19.49%), Vitamin B2: 0.31mg (18.42%), Fiber: 4.4g (17.58%), Copper: 0.32mg (16.1%), Vitamin B1: 0.2mg (13.11%), Manganese: 0.25mg (12.3%), Calcium: 120.21mg (12.02%), Vitamin K: 11.75µg (11.19%), Vitamin B5: 1.06mg (10.62%), Vitamin E: 1.12mg (7.49%)