



Lamb Chops With Sweet Potato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 tablespoon butter divided
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 1 tablespoon tarragon leaves fresh thinly sliced
- ☐ 4 garlic cloves minced
- ☐ 16 ounce lamb loin chops thick lean ()

- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shallots minced
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup sweet potatoes and into diced
- ☐ 2 teaspoons or fresh chopped
- ☐ 2 teaspoons or fresh chopped

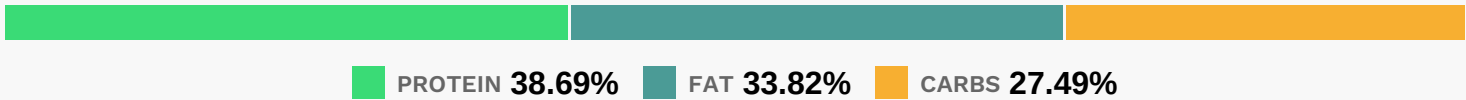
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle both sides of lamb with 1/4 teaspoon each salt and pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chops; cook 3 minutes on each side. Reduce heat to medium; cook 4 minutes on each side or until desired degree of doneness. Set aside; keep warm.
- ☐ Add half of butter to skillet; cook over medium-high heat until butter melts.
- ☐ Add sweet potato, and cook 3 minutes or until tender, stirring often. Set aside, and keep warm.
- ☐ Add remaining butter, shallots, and garlic; cook, stirring constantly, 2 minutes. Increase heat to high, and add balsamic vinegar. Simmer until liquid is almost evaporated.
- ☐ Add chicken broth and sugar; simmer 3 minutes.
- ☐ Add reserved sweet potato, Dijon mustard, thyme, tarragon, and remaining 1/4 teaspoon each salt and pepper; stir well. Spoon sauce over chops.

Nutrition Facts



Properties

Glycemic Index:105.52, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:18.808695565099%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 273.94kcal (13.7%), Fat: 9.99g (15.37%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.14g (11.27%), Cholesterol: 82.37mg (27.46%), Sodium: 688.19mg (29.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.42%), Vitamin A: 3706.11IU (74.12%), Vitamin B12: 2.63µg (43.76%), Selenium: 30.18µg (43.12%), Vitamin B3: 8.07mg (40.37%), Phosphorus: 263.83mg (26.38%), Zinc: 3.93mg (26.18%), Manganese: 0.43mg (21.28%), Iron: 3.59mg (19.92%), Vitamin B6: 0.39mg (19.35%), Vitamin B2: 0.32mg (18.97%), Potassium: 574.43mg (16.41%), Magnesium: 53.61mg (13.4%), Vitamin B1: 0.2mg (13.2%), Copper: 0.24mg (12.14%), Vitamin B5: 1.1mg (10.95%), Folate: 41.02µg (10.25%), Calcium: 68.5mg (6.85%), Fiber: 1.66g (6.65%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.39mg (2.6%), Vitamin K: 2.4µg (2.29%)