



Lamb Chops with Tomato-and-Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes peeled cut into approximately 1/8-inch slices (2)
- 1 cup tomatoes diced canned drained
- 0.3 teaspoon rosemary dried crumbled
- 0.3 teaspoon thyme leaves dried
- 0.3 teaspoon fresh-ground pepper black
- 4 lamb loin chops thick fat trimmed
- 3 tablespoons olive oil
- 2 onions cut into thin slices

- 0.3 cup parmesan grated
- 0.8 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat the oven to 450.
- Oil an 8-by-11 1/2-inch baking pan or similarly sized gratin dish. In a large nonstick frying pan, heat 2 tablespoons of the oil over moderately low heat.
- Add the onions and cook, stirring occasionally, until translucent, about 5 minutes.
- Remove the pan from the heat and stir in the tomatoes and 1/4 teaspoon of the salt.
- In a small bowl, combine the rosemary, thyme, 1/4 teaspoon of the salt, 1/8 teaspoon of the pepper, and the Parmesan.
- Spread half the tomato-and-onion mixture in the bottom of the baking dish; layer half the potatoes on top.
- Sprinkle half the Parmesan mixture over the potatoes. Repeat with the remaining tomatoes and onions, potatoes, and Parmesan. Cover the dish with aluminum foil and bake for 30 minutes.
- Meanwhile, wipe out the frying pan and then heat the remaining 1 tablespoon oil in it over moderate heat.
- Sprinkle the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper over the lamb chops. Cook until browned, about 3 minutes per side.
- Remove the chops from the pan.
- Remove the baking dish from the oven and remove the aluminum foil.
- Put the lamb chops on top of the potatoes and return the dish to the oven. Cook until the meat and potatoes are just done, 10 to 12 minutes longer.

Wine Recommendation: Bordeaux is the classic choice with lamb chops. Though our perceptions of Bordeaux are often distorted by the wildly expensive cru class wines, many wines from the region are both affordable and delicious. Look for the appellations Bordeaux Suprieur, Bourg, Blaye, and Fronsac.

Nutrition Facts

PROTEIN 27.25% **FAT 38.33%** **CARBS 34.42%**

Properties

Glycemic Index:60.19, Glycemic Load:25.38, Inflammation Score:-6, Nutrition Score:22.9239130829999

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 445.99kcal (22.3%), Fat: 19.11g (29.39%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 34.79g (12.65%), Sugar: 4.87g (5.41%), Cholesterol: 78.83mg (26.28%), Sodium: 709.77mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.12%), Vitamin B3: 9.63mg (48.15%), Vitamin B6: 0.92mg (45.9%), Vitamin B12: 2.57µg (42.87%), Selenium: 29.1µg (41.57%), Phosphorus: 379.31mg (37.93%), Potassium: 1222.46mg (34.93%), Zinc: 4.45mg (29.69%), Iron: 4.52mg (25.13%), Vitamin C: 19.38mg (23.49%), Vitamin B1: 0.34mg (22.77%), Vitamin B2: 0.39mg (22.65%), Manganese: 0.43mg (21.73%), Magnesium: 84.86mg (21.21%), Copper: 0.39mg (19.36%), Folate: 66.83µg (16.71%), Fiber: 3.8g (15.21%), Vitamin E: 2.18mg (14.55%), Calcium: 143.11mg (14.31%), Vitamin B5: 1.43mg (14.26%), Vitamin K: 12.73µg (12.12%), Vitamin A: 125.07IU (2.5%)