



Lamb Rib Chops with Quick Cherry Pan Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons all purpose flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup cherry juice unsweetened black
- ☐ 0.8 teaspoon coarse kosher salt
- ☐ 1 cup bing cherries dark fresh sweet whole pitted halved (7 ounces unpitted cherries)
- ☐ 0.3 cup basil fresh divided thinly sliced
- ☐ 1 tablespoon olive oil

☐ 2 cups onion red halved thinly sliced

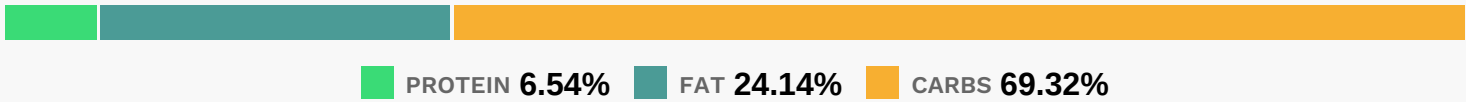
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 250°F.
- ☐ Mix flour, 3/4teaspoon coarse salt, and 1/2 teaspoon ground pepper on large plate. Lightly coat lamb chops with flour mixture; shake off excess. Melt butter with oil in large nonstick skillet over medium-high heat.
- ☐ Add lamb chops and cook to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer chops to baking sheet and keep warm in oven while preparing sauce (do not clean skillet).
- ☐ Add onion to same skillet and sauté 2 minutes.
- ☐ Add cherry juice and bring to boil, scraping up any browned bits. Boil until liquid is slightly reduced and onion is slightly softened, stirring frequently, about 4 minutes. Stir in cherries and half of basil and cook 1 minute. Season sauce to taste with salt and pepper.
- ☐ Place 2 lamb chops on each of 4 plates. Spoon sauce over.
- ☐ Sprinkle remaining basil over and serve.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:5.788260837288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 237.82kcal (11.89%), Fat: 6.49g (9.99%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 37.49g (13.63%), Sugar: 25g (27.78%), Cholesterol: 7.53mg (2.51%), Sodium: 471.79mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin A: 1271.69IU (25.43%), Fiber: 4.46g (17.83%), Vitamin K: 11.4µg (10.86%), Manganese: 0.2mg (9.88%), Iron: 1.39mg (7.7%), Vitamin C: 6.28mg (7.61%), Folate: 27µg (6.75%), Potassium: 233.78mg (6.68%), Calcium: 57.21mg (5.72%), Vitamin B1: 0.08mg (5.47%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.62mg (4.15%), Selenium: 2.36µg (3.37%), Phosphorus: 31.63mg (3.16%), Vitamin B2: 0.05mg (3.09%), Magnesium: 11.03mg (2.76%), Copper: 0.05mg (2.53%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.2mg (1.33%)