



Lamb Steaks with Herbes de Provence and Grilled Sweet Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon herbs de provence dried crushed
- ☐ 1 teaspoon kosher salt divided
- ☐ 27 ounce lamb leg steaks trimmed ()
- ☐ 3 inch vidalia sweet (1 large)

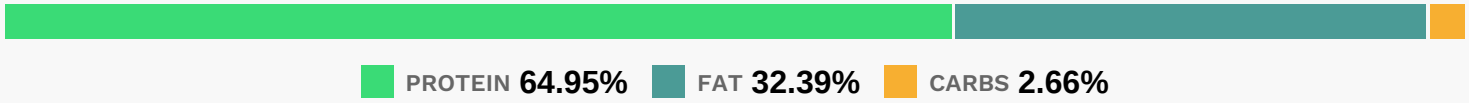
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat both sides of steaks with cooking spray.
- ☐ Sprinkle both sides of steaks evenly with herbes de Provence, 3/4 teaspoon salt, and 1/2 teaspoon black pepper.
- ☐ Coat both sides of the onion slices with cooking spray.
- ☐ Sprinkle the onion slices with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper.
- ☐ Place steaks and onion slices on grill rack coated with cooking spray; grill 4 minutes on each side or until steaks are at desired degree of doneness and onion is tender.
- ☐ Remove from grill; cover and let stand 5 minutes.
- ☐ Cut steaks diagonally across grain into thin slices; discard bones.
- ☐ Serve steak with onion.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:9.4160868123822%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 105.75kcal (5.29%), Fat: 3.68g (5.67%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.08g (0.09%), Cholesterol: 51.44mg (17.15%), Sodium: 437.93mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin B12: 2.17µg (36.17%), Selenium: 18.94µg (27.05%), Vitamin B3: 5.04mg (25.22%), Zinc: 3.13mg (20.89%), Phosphorus: 157.19mg (15.72%), Iron: 2.32mg (12.88%), Vitamin B2: 0.2mg (12.02%), Vitamin K: 11.84µg (11.28%), Vitamin B1: 0.12mg (7.78%), Vitamin B6: 0.14mg (7.13%), Potassium: 242.61mg (6.93%), Magnesium: 23.72mg (5.93%), Vitamin B5: 0.58mg (5.83%), Copper: 0.11mg (5.57%), Manganese: 0.11mg (5.28%), Folate: 20.65µg (5.16%), Calcium: 19.02mg (1.9%), Vitamin E: 0.23mg (1.53%),

Fiber: 0.32g (1.29%)