



Lamb with Chianti Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 2 cups chianti or other red wine
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 loin chops

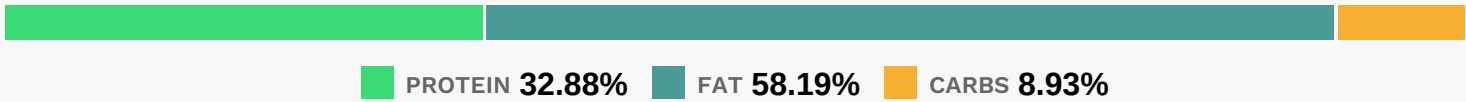
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Season the lamb with salt and pepper. Grill until caramel-colored grill marks appear, and an instant-read meat thermometer registers 125 degrees F. for medium-rare, about 5 to 7 minutes per side, depending on thickness.
- ☐ Meanwhile, place the wine in a medium saucepan over medium-high heat. Boil gently until reduced to 1 cup, about 15 minutes. Turn off the heat.
- ☐ Whisk in the honey until dissolved.
- ☐ Add the extra-virgin olive oil, rosemary, salt, and pepper.
- ☐ Whisk to combine.
- ☐ Serve the lamb chops on a platter with a serving bowl of the Chianti vinaigrette alongside for drizzling over the meat.
- ☐ I like the tanginess of the reduced wine with the lamb.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:11.766956534723%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin:

0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 297.94kcal (14.9%), Fat: 15.23g (23.43%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.37g (3.75%), Cholesterol: 59.85mg (19.95%), Sodium: 434.13mg (18.88%), Alcohol: 8.48g (100%), Alcohol %: 5.86% (100%), Protein: 19.36g (38.73%), Selenium: 29.77µg (42.54%), Vitamin B1: 0.6mg (40.02%), Vitamin B3: 7.33mg (36.63%), Vitamin B6: 0.7mg (34.85%), Phosphorus: 221.18mg (22.12%), Potassium: 443.46mg (12.67%), Vitamin B2: 0.19mg (11.32%), Zinc: 1.51mg (10.08%), Vitamin E: 1.42mg (9.44%), Magnesium: 33.78mg (8.44%), Manganese: 0.16mg (8.07%), Vitamin B12: 0.47µg (7.89%), Vitamin B5: 0.68mg (6.83%), Vitamin K: 6.28µg (5.98%), Iron: 0.94mg (5.21%), Copper: 0.07mg (3.29%), Vitamin D: 0.36µg (2.38%), Calcium: 15.73mg (1.57%)