



Lemon-Herb Lamb Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon rubbed sage dried
- ☐ 20 ounce lamb loin chops lean
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

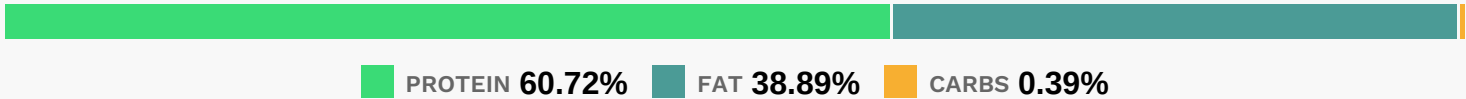
- ☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Trim fat from chops.
- ☐ Combine rosemary and next 4 ingredients in a small bowl. Rub herb mixture on both sides of chops.
- ☐ Place chops on grill rack coated with cooking spray; cover and grill 8 to 10 minutes on each side or until desired degree of doneness.
- ☐ carbo rating: 0

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:13.85043480717%

Nutrients (% of daily need)

Calories: 203.41kcal (10.17%), Fat: 8.43g (12.97%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.02g (0.02%), Cholesterol: 93.55mg (31.18%), Sodium: 241.8mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.24%), Vitamin B12: 3.13µg (52.21%), Selenium: 33.46µg (47.81%), Vitamin B3: 9.23mg (46.16%), Zinc: 4.53mg (30.18%), Phosphorus: 269.62mg (26.96%), Vitamin B2: 0.33mg (19.23%), Iron: 2.74mg (15.22%), Vitamin B1: 0.19mg (12.33%), Vitamin B6: 0.24mg (12.17%), Potassium: 394.22mg (11.26%), Magnesium: 38.73mg (9.68%), Vitamin B5: 0.94mg (9.39%), Copper: 0.18mg (9.2%), Folate: 34.25µg (8.56%), Manganese: 0.05mg (2.58%), Calcium: 19.06mg (1.91%), Vitamin E: 0.27mg (1.82%)