



Marinated Lamb Chops

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

READY IN

ready

83 min.

SERVINGS

servings

4

CALORIES

calories

88 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons garlic minced
- ☐ 2 juice of lemon juiced
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons oregano leaves dried fresh finely chopped
- ☐ 0.5 teaspoon salt

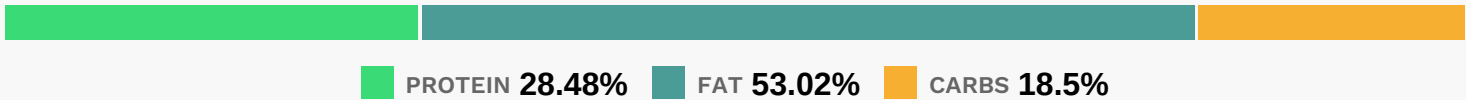
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Click here to see how she does it.
- ☐ In a small bowl stir together the first 7 ingredients.
- ☐ Put the lamb chops in a sealable plastic bag and pour the marinade over them. Move the chops around in the bag so the marinade coats them well. Marinate for 1 hour.
- ☐ Grill or broil the chops for 3 to 4 minutes per side for medium rare.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:6.1543478499288%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 87.8kcal (4.39%), Fat: 5.35g (8.23%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.53g (0.59%), Cholesterol: 18.71mg (6.24%), Sodium: 311.53mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin K: 17.92µg (17.07%), Manganese: 0.22mg (10.85%), Selenium: 7.39µg (10.56%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 2.01mg (10.03%), Vitamin C: 7.43mg (9.01%), Iron: 1.58mg (8.76%), Vitamin E: 1.04mg (6.95%), Zinc: 1.03mg (6.86%), Vitamin B6: 0.13mg (6.58%), Phosphorus: 65.11mg (6.51%), Calcium: 52.57mg (5.26%), Vitamin B2: 0.09mg (5.03%), Fiber: 1.25g (5%),

Magnesium: 16.56mg (4.14%), Potassium: 143.39mg (4.1%), Folate: 15.9µg (3.98%), Vitamin B1: 0.05mg (3.54%),
Copper: 0.07mg (3.43%), Vitamin B5: 0.26mg (2.56%)