



Marinated Lamb Chops with Herbs

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

READY IN



45 min.

SERVINGS



2

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking wine dry red
- 1 garlic clove crushed
- 0.5 teaspoon coarsely ground pepper
- 12 ounce lamb rib chops lean
- 2 tablespoons soya sauce low-sodium
- 2 tablespoons or dried fresh chopped
- 1.5 teaspoons or dried fresh chopped

Equipment

- grill
- broiler
- ziploc bags
- broiler pan

Directions

- Trim fat from chops; set chops aside.
- Combine wine and next 5 ingredients in a large zip-top heavy-duty plastic bag.
- Add chops; seal bag, and marinate in refrigerator 8 hours, turning bag occasionally.
- Remove chops from bag, reserving marinade.
- Prepare grill or broiler.
- Place chops on grill rack or broiler pan, and cook 4 minutes on each side or to desired degree of doneness, basting frequently with reserved marinade.
- Garnish with fresh rosemary sprigs, if desired.

Nutrition Facts

PROTEIN 47.88% **FAT 47.62%** **CARBS 4.5%**

Properties

Glycemic Index:66, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:19.028261036977%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 329.78kcal (16.49%), Fat: 15.88g (24.43%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.1g (0.11%), Cholesterol: 112.26mg (37.42%), Sodium: 704.37mg

(30.62%), Alcohol: 3.15g (100%), Alcohol %: 1.82% (100%), Protein: 35.92g (71.85%), Vitamin B12: 4.05µg (67.47%), Selenium: 38.25µg (54.65%), Vitamin B3: 10.32mg (51.62%), Zinc: 6.65mg (44.36%), Phosphorus: 341.99mg (34.2%), Iron: 4.55mg (25.29%), Vitamin B2: 0.4mg (23.78%), Manganese: 0.38mg (19.13%), Vitamin B6: 0.36mg (18.02%), Magnesium: 64.59mg (16.15%), Potassium: 551.24mg (15.75%), Vitamin B1: 0.22mg (14.6%), Folate: 51.6µg (12.9%), Vitamin B5: 1.2mg (11.95%), Copper: 0.23mg (11.64%), Calcium: 54.91mg (5.49%), Vitamin A: 174.48IU (3.49%), Fiber: 0.78g (3.11%), Vitamin E: 0.4mg (2.63%)