



Marinated Rib Lamb Chops



Gluten Free



Dairy Free

READY IN



143 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic chopped
- ☐ 1 teaspoon herbes de provence or dried
- ☐ 8 lamb rib chops 1 pound total
- ☐ 1 optional: lemon grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.5 teaspoon salt

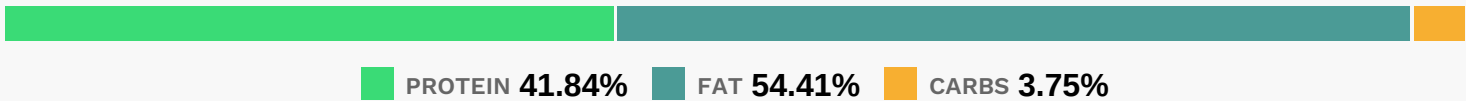
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Whisk oil, garlic, rind, juice, herbs, salt and pepper in small bowl.
- ☐ Place chops in shallow glass dish.
- ☐ Pour marinade over chops; turn to coat both sides of chops. Cover with plastic wrap and marinate in refrigerator for at least 2 hours; turn chops over a few times.
- ☐ Heat broiler. Broil chops about 4 inches from heat for 3 minutes. Turn over; broil 3 or 4 minutes or until internal temperature registers 140 degrees on instant-read thermometer for medium-rare, or broil longer for desired doneness.
- ☐ Remove chops from broiler.
- ☐ Let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:23.955217458632%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 443.83kcal (22.19%), Fat: 26.4g (40.61%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.89g (0.99%), Cholesterol: 149.16mg (49.72%), Sodium: 454.7mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.67g (91.34%), Vitamin B12: 5.38µg (89.65%), Selenium: 50.86µg (72.65%), Vitamin B3: 13.38mg (66.88%), Zinc: 8.65mg (57.69%), Phosphorus: 418.32mg (41.83%), Vitamin B2: 0.46mg (27.2%), Iron: 4.35mg (24.15%), Vitamin C: 18.04mg (21.87%), Vitamin B6: 0.42mg (20.83%), Vitamin B1: 0.29mg (19.32%), Potassium: 658.38mg (18.81%), Vitamin B5: 1.55mg (15.47%), Magnesium: 60.66mg (15.16%), Copper: 0.27mg (13.72%), Folate: 52.72µg (13.18%), Vitamin E: 1.28mg (8.55%), Manganese: 0.15mg (7.66%), Vitamin K: 7.98µg (7.6%), Calcium: 44.73mg (4.47%), Fiber: 0.98g (3.93%)