



Mustard-Garlic Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 20 ounce lamb loin chops lean
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.1 teaspoon salt

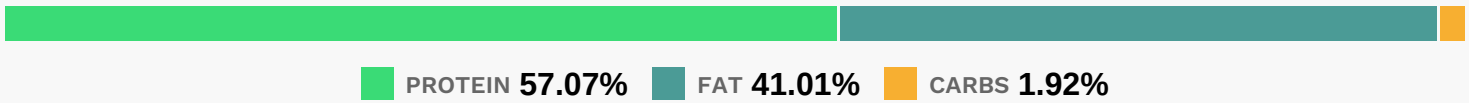
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine garlic, pepper, thyme, and salt in a small bowl; mash with back of a spoon until mixture forms a paste. Stir in lemon juice, mustard, and olive oil.
- ☐ Preheat broiler.
- ☐ Trim fat from chops.
- ☐ Spread garlic mixture over both sides of chops.
- ☐ Place chops on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat 6 to 7 minutes on each side or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:14.455217498476%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216.65kcal (10.83%), Fat: 9.53g (14.66%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.12g (0.13%), Cholesterol: 93.55mg (31.18%), Sodium: 196.94mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Vitamin B12: 3.13µg (52.21%), Selenium: 34.53µg (49.33%), Vitamin B3: 9.26mg (46.3%), Zinc: 4.56mg (30.42%), Phosphorus: 275.04mg (27.5%), Vitamin B2: 0.33mg (19.43%), Iron: 2.88mg (16.01%), Vitamin B6: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.88%), Potassium: 407.42mg (11.64%), Magnesium: 40.56mg (10.14%), Copper: 0.19mg (9.6%), Vitamin B5: 0.96mg (9.59%), Folate:

34.95µg (8.74%), Manganese: 0.11mg (5.34%), Vitamin E: 0.43mg (2.9%), Calcium: 23.79mg (2.38%), Vitamin K: 2.15µg (2.04%), Vitamin C: 1.48mg (1.79%)