



Provençal Braised Lamb Chops

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chicken broth reduced-sodium canned
- 1.5 cups wine dry white
- 0.3 cup garlic clove thinly sliced lengthwise
- 0.3 cup olives black
- 0.3 cup olive oil extra virgin extra-virgin
- 4 cups onion sliced
- 1.5 pounds potato boiling
- 3 large thyme sprigs

- 1 bay leaves

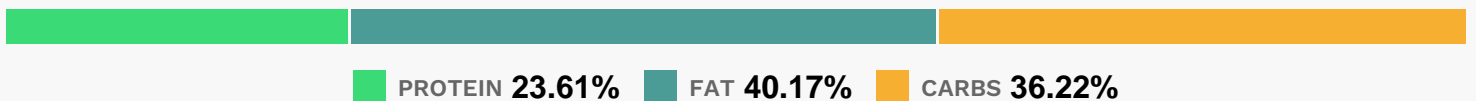
Equipment

- frying pan
- oven
- knife
- baking pan
- slotted spoon

Directions

- Preheat oven to 375°F with rack in middle.
- Pat chops dry and season with 1/2 teaspoon each of salt and pepper (total).
- Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook garlic, stirring constantly, until golden, about 1 minute.
- Transfer with a slotted spoon to a plate. Brown chops in 2 batches, turning once, about 4 minutes total per batch.
- Transfer to a plate.
- Add onions, bay leaf, 1/4 teaspoon salt, and 1/8 teaspoon pepper to skillet and cook over medium-high heat, stirring occasionally, until lightly browned, 10 to 12 minutes.
- Add wine and bring to a boil, scraping up brown bits, then remove from heat.
- Peel potatoes and slice about 1/8 inch thick. Scatter half of potatoes in a shallow 3-quart baking dish, then top with half of onions. Scatter garlic, thyme, and olives over onions, then top with lamb chops. Repeat layering remaining potatoes and onions, then pour wine, broth, and meat juices over top.
- Bake, uncovered, basting top with juices once or twice, until potatoes are tender and browned on top and meat is tender when pierced with tip of a knife, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:4.48, Inflammation Score:-9, Nutrition Score:20.44782600973%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 33.77mg, Quercetin: 33.77mg, Quercetin: 33.77mg, Quercetin: 33.77mg

Nutrients (% of daily need)

Calories: 596.14kcal (29.81%), Fat: 24g (36.92%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 42.43g (15.43%), Sugar: 9.99g (11.1%), Cholesterol: 51.38mg (17.13%), Sodium: 714.14mg (31.05%), Alcohol: 9.27g (100%), Alcohol %: 2.11% (100%), Protein: 31.74g (63.48%), Vitamin B6: 0.83mg (41.67%), Vitamin C: 30.33mg (36.77%), Potassium: 1272.32mg (36.35%), Manganese: 0.71mg (35.43%), Phosphorus: 337.87mg (33.79%), Selenium: 21.96µg (31.37%), Fiber: 6.27g (25.09%), Zinc: 3.63mg (24.19%), Vitamin B3: 4.8mg (24.02%), Magnesium: 86.54mg (21.63%), Iron: 3.57mg (19.85%), Copper: 0.39mg (19.42%), Vitamin E: 2.76mg (18.38%), Vitamin B12: 1.03µg (17.13%), Folate: 64.95µg (16.24%), Vitamin K: 16.73µg (15.93%), Vitamin B1: 0.24mg (15.71%), Vitamin B2: 0.23mg (13.29%), Calcium: 100.91mg (10.09%), Vitamin B5: 0.77mg (7.68%), Vitamin A: 279.16IU (5.58%)