



Quick Lamb Chops

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

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.8 cup beef broth
- 2 teaspoons butter
- 1 teaspoon cornstarch
- 0.3 cup cooking wine dry red
- 4 servings mint leaves fresh minced
- 2 tablespoons honey
- 4 lamb loin chops boneless ()

- 2 teaspoons olive oil
- 4 servings sesame oil

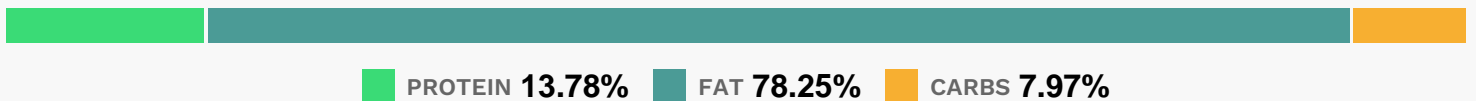
Equipment

- frying pan
- plastic wrap

Directions

- Trim off and discard any excess fat from lamb chops, then place the meat between two pieces of plastic wrap. With a heavy, flat-sided mallet or a clean hammer, firmly pound all over until the meat is 1/4 to 1/3 inch thick. (Don't pound hard enough to tear the meat.)
- Melt butter and oil in a 10- to 12-inch nonstick frying pan over medium-high heat.
- When butter sizzles, add lamb (if all the meat won't fit, cook in batches). Cook, turning once, until both sides are well browned and center is no longer pink (cut to test), 4 to 5 minutes total.
- Remove meat, transfer to a platter, and keep warm.
- Smoothly blend broth, wine, balsamic vinegar, honey, and cornstarch.
- Add mixture to pan and boil until slightly thickened; pour over meat.
- Drizzle sesame oil and sprinkle mint leaves on top.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:10.413043535274%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin:

0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 566.88kcal (28.34%), Fat: 48.21g (74.17%), Saturated Fat: 16.02g (100.14%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.94g (3.98%), Sugar: 9.82g (10.91%), Cholesterol: 83.62mg (27.87%), Sodium: 256.91mg (11.17%), Alcohol: 1.58g (100%), Alcohol %: 0.94% (100%), Protein: 19.1g (38.19%), Vitamin B12: 2.34µg (38.99%), Vitamin B3: 7.69mg (38.46%), Selenium: 21.77µg (31.1%), Zinc: 2.9mg (19.33%), Phosphorus: 180.92mg (18.09%), Vitamin B2: 0.25mg (14.96%), Iron: 2.06mg (11.45%), Vitamin B1: 0.13mg (8.42%), Potassium: 287.32mg (8.21%), Vitamin B6: 0.16mg (7.77%), Vitamin B5: 0.73mg (7.34%), Magnesium: 26.69mg (6.67%), Copper: 0.13mg (6.4%), Folate: 21.49µg (5.37%), Vitamin E: 0.76mg (5.1%), Vitamin K: 3.11µg (2.96%), Manganese: 0.06mg (2.79%), Vitamin A: 131.9IU (2.64%), Calcium: 25.65mg (2.57%)