



Quick Rosemary Lamb Chops

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup beef broth fat-free reduced-sodium
- 3 cups rice long-grain white hot cooked
- 0.5 tsp rosemary fresh chopped
- 1 lb lamb loin chops
- 2 tsp oil
- 1 small onion chopped
- 0.8 cup roasted peppers red drained chopped

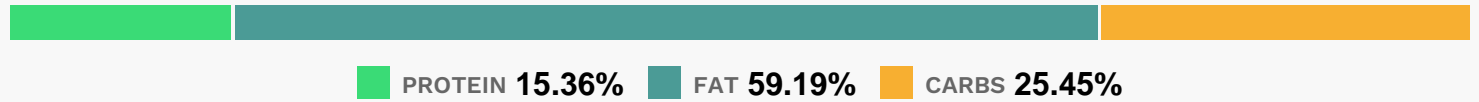
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chops; cook 6 min., turning after 3 min.
- Remove from skillet; cover to keep warm.
- Add onions to skillet; cook 5 min. or until crisp-tender, stirring occasionally. Stir in peppers, dressing, broth and rosemary.
- Add chops; simmer on medium-low heat 4 min. or until sauce is thickened and chops are done (160F).
- Serve chops and sauce with rice.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:36.23, Inflammation Score:-4, Nutrition Score:14.963478290516%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 592.34kcal (29.62%), Fat: 38.29g (58.91%), Saturated Fat: 14.11g (88.16%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 35.94g (13.07%), Sugar: 1.29g (1.44%), Cholesterol: 83.91mg (27.97%), Sodium: 585.02mg (25.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.7%), Selenium: 30.49µg (43.55%), Vitamin B3: 7.98mg (39.88%), Vitamin B12: 2.31µg (38.56%), Manganese: 0.65mg (32.26%), Zinc: 3.53mg (23.52%), Phosphorus: 233.7mg (23.37%), Vitamin C: 13.52mg (16.39%), Vitamin B6: 0.33mg (16.28%), Vitamin B2: 0.27mg (15.66%), Iron: 2.32mg (12.86%), Copper: 0.24mg (12.1%), Vitamin B5: 1.21mg (12.09%), Vitamin B1: 0.16mg (10.87%), Potassium: 378.61mg (10.82%), Magnesium: 42.75mg (10.69%), Folate: 30.45µg (7.61%), Calcium: 45.4mg

(4.54%), Fiber: 1.1g (4.4%), Vitamin E: 0.65mg (4.33%), Vitamin A: 139.41IU (2.79%), Vitamin K: 1.67µg (1.59%)