



## Roasted Lamb Chops

READY IN



120 min.

SERVINGS



4

CALORIES



900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 6 cloves garlic peeled smashed finely chopped
- ☐ 2 tablespoons honey
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and cracked pepper black
- ☐ 2 pound lamb loins

- ☐ 0.3 cup olive oil plus more for searing
- ☐ 0.3 cup panko breadcrumbs
- ☐ 0.3 cup parmesan grated

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

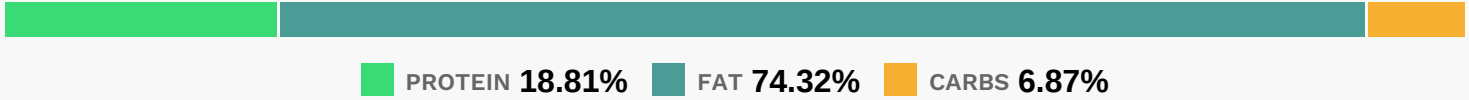
## Directions

- ☐ Sprinkle the lamb with salt and pepper and place in a gallon-size zip-top bag.
- ☐ Whisk 1/3 cup of the olive oil, the rosemary, smashed garlic, lemon juice and some salt and pepper together in a measuring cup.
- ☐ Pour the marinade into the bag with the lamb.
- ☐ Let sit at room temperature for at least 1 hour and up to 3 hours.
- ☐ Preheat the oven to 400 degrees F. Line a heavy-duty sheet tray with foil.
- ☐ Combine the mustard and honey together in a small bowl and set aside.
- ☐ Add the panko, Parmesan, parsley, chives and the remaining 2 cloves garlic to a small bowl and toss together.
- ☐ Drizzle with the remaining tablespoon of oil and mix together.
- ☐ Heat a large heavy skillet over medium-high heat.
- ☐ Add olive oil and once very hot, sear the lamb, 1 rack at a time, fat-side down first, about 3 minutes per side.
- ☐ Remove from the skillet and place fat-side up on the prepared sheet tray.
- ☐ Brush both racks with the honey mustard and apply each with the panko and herb mixture. Roast the lamb until an instant-read thermometer reads 140 degrees F, for medium, 20 to 25

minutes.

☐ Let rest 15 minutes before carving into chops.

## Nutrition Facts



## Properties

Glycemic Index:54.57, Glycemic Load:5.06, Inflammation Score:-5, Nutrition Score:27.216521719228%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 899.84kcal (44.99%), Fat: 73.98g (113.82%), Saturated Fat: 27.08g (169.22%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.38g (5.23%), Sugar: 9.42g (10.47%), Cholesterol: 171.23mg (57.08%), Sodium: 624.34mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.13g (84.25%), Vitamin B12: 5.36µg (89.27%), Selenium: 50.34µg (71.91%), Vitamin B3: 14.02mg (70.11%), Zinc: 8.22mg (54.78%), Vitamin K: 54.12µg (51.54%), Phosphorus: 444.13mg (44.41%), Vitamin B2: 0.55mg (32.07%), Iron: 4.4mg (24.46%), Vitamin B1: 0.34mg (22.37%), Vitamin E: 3.14mg (20.92%), Vitamin B6: 0.38mg (19.13%), Potassium: 585.92mg (16.74%), Calcium: 165.75mg (16.58%), Vitamin B5: 1.63mg (16.32%), Magnesium: 62.4mg (15.6%), Copper: 0.28mg (13.85%), Folate: 53.76µg (13.44%), Manganese: 0.23mg (11.67%), Vitamin C: 7.61mg (9.22%), Vitamin A: 289.67IU (5.79%), Fiber: 1g (4.01%), Vitamin D: 0.27µg (1.79%)