



Rosemary-and-Black Pepper Lamb Chops



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



277 kcal

Ingredients

- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 1.3 pounds lamb rib chops 1-inch-thick ()
- ☐ 4 servings mint chimichurri
- ☐ 1 tablespoon olive oil extra-virgin

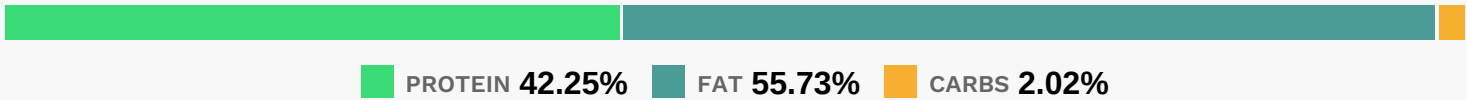
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Place lamb chops in a large bowl, and drizzle with olive oil.
- ☐ Sprinkle with rosemary and next 4 ingredients, and toss well to coat.
- ☐ Let stand 30 minutes. Meanwhile, prepare Mint Chimichurri.
- ☐ Place chops on greased grill rack. Cover and grill 3 to 4 minutes on each side for medium-rare (145), 8 minutes for medium (160), or 10 minutes for well-done (170).
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Serve with Mint Chimichurri.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:14.504782640416%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 277.17kcal (13.86%), Fat: 16.76g (25.78%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.02g (0.02%), Cholesterol: 93.55mg (31.18%), Sodium: 684.57mg (29.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.18%), Vitamin B12: 3.37µg (56.23%), Selenium: 31.97µg (45.68%), Vitamin B3: 8.4mg (42%), Zinc: 5.45mg (36.36%), Phosphorus: 262.89mg (26.29%), Vitamin B2: 0.29mg (17.14%), Iron: 2.65mg (14.74%), Vitamin B6: 0.25mg (12.56%), Vitamin B1: 0.18mg (11.73%), Potassium: 405.49mg (11.59%), Magnesium: 39.83mg (9.96%), Vitamin B5: 0.95mg (9.47%), Copper: 0.18mg (8.92%), Folate: 32.11µg (8.03%), Manganese: 0.14mg (6.96%), Vitamin E: 0.78mg (5.19%), Calcium: 30.93mg (3.09%), Vitamin K: 2.75µg (2.62%), Fiber: 0.56g (2.23%), Vitamin A: 73.91IU (1.48%), Vitamin C: 1.11mg (1.34%)