



Rosemary and Garlic Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2.5 teaspoons rosemary fresh chopped
- ☐ 5 garlic cloves
- ☐ 30 ounces meaty lamb rib chops
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2.3 teaspoons salt

Equipment

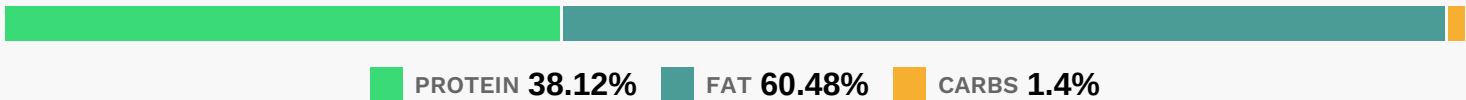
- ☐ baking sheet

☐ broiler

Directions

- ☐ Combine first 5 ingredients in processor; blend until garlic is finely chopped. Coat chops with garlic mixture. Arrange chops in single layer on baking sheet. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Preheat broiler. Watching closely, broil lamb 4 to 5 inches from heat source until cooked to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer 3 chops to each plate and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:21.5382606507%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 459.07kcal (22.95%), Fat: 30.16g (46.41%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.04g (0.05%), Cholesterol: 140.33mg (46.78%), Sodium: 1462.13mg (63.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.77g (85.55%), Vitamin B12: 5.06µg (84.34%), Selenium: 47.97µg (68.54%), Vitamin B3: 12.56mg (62.78%), Zinc: 8.13mg (54.22%), Phosphorus: 391.41mg (39.14%), Vitamin B2: 0.43mg (25.32%), Iron: 3.74mg (20.76%), Vitamin B6: 0.39mg (19.42%), Vitamin B1: 0.26mg (17.55%), Potassium: 585.92mg (16.74%), Vitamin B5: 1.41mg (14.12%), Magnesium: 55.04mg (13.76%), Vitamin E: 1.92mg (12.83%), Copper: 0.26mg (12.75%), Folate: 44.92µg (11.23%), Manganese: 0.18mg (9.07%), Vitamin K: 7.2µg (6.86%), Calcium: 35.63mg (3.56%), Vitamin C: 1.18mg (1.43%)