



Rosemary Crusted Lamb Chops



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



2

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound lamb chops (lamb rib chops are what are pictured here)
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 4 tablespoons olive oil extra virgin divided

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

Directions

- ☐ Before you start, decide if you want your lamb chops rare or medium. If you want your lamb chops rare in the center, you can cook them entirely on the stovetop.
- ☐ If you want them a bit more cooked, and you have double rib chops (2 ribs per piece of meat, each piece of meat about 1/4 of a pound), you will want to finish them in the oven, at 400°F for a few minutes.
- ☐ Or you can cover the pan and remove from the heat and just let sit for a few minutes.
- ☐ Marinate the lamb chops with rosemary, salt, pepper, garlic, olive oil: In a small bowl, mix the rosemary, salt, pepper, garlic, and 2 tablespoons of the olive oil together. Coat the lamb chops with the mixture, massaging it into the meat with your fingers. If you are working with double rib chops, cover and let stand at room temperature for 30 to 45 minutes.
- ☐ If you are working with single rib chops, and you want the result to be rare, let the chops sit in the rub in the refrigerator, do not let come to room temp or the thin ribs will easily overcook when you sear them in the next step.
- ☐ Sear the lamb chops:
- ☐ Heat the remaining 2 tablespoons olive oil in an oven-proof sauté pan over high heat. When the oil is shimmering hot, sear the lamb chops on all sides, about 2 to 3 minutes per side.
- ☐ (If you are working with single rib chops, sear only on two sides, and only a minute or so on each side if you want the result to be rare or medium rare.)
- ☐ Test for doneness, if you want more well done, finish in oven, otherwise tent with foil and let rest: At this point, if you want your lamb chops rare, they are likely cooked enough.
- ☐ Remove them from the pan, cover them with foil and let sit for 5 to 10 minutes before serving.
- ☐ If you would like your chops more cooked, you can put them in a 400°F oven for 3 to 5 minutes, or keep them in the hot pan, remove from heat, and cover the pan for a few minutes.
- ☐ Then remove from the pan to a plate or cutting board, cover with foil and let rest 5 to 10 minutes before serving.

Nutrition Facts



PROTEIN 28.92% FAT 70.09% CARBS 0.99%

Properties

Glycemic Index:31, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:24.359130087106%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg 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: 638.17kcal (31.91%), Fat: 49.09g (75.52%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.02g (0.02%), Cholesterol: 149.69mg (49.9%), Sodium: 2490.31mg (108.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.58g (91.16%), Vitamin B12: 5.4µg (89.96%), Selenium: 50.84µg (72.63%), Vitamin B3: 13.4mg (66.99%), Zinc: 8.67mg (57.81%), Phosphorus: 415.7mg (41.57%), Vitamin E: 4.47mg (29.83%), Vitamin B2: 0.46mg (27.06%), Iron: 4.22mg (23.44%), Vitamin B6: 0.39mg (19.56%), Vitamin B1: 0.28mg (18.46%), Potassium: 634.43mg (18.13%), Vitamin K: 18.52µg (17.64%), Magnesium: 60.66mg (15.17%), Vitamin B5: 1.51mg (15.13%), Copper: 0.28mg (13.87%), Folate: 50.02µg (12.51%), Manganese: 0.23mg (11.61%), Calcium: 42.42mg (4.24%), Fiber: 0.57g (2.27%), Vitamin A: 64.08IU (1.28%), Vitamin C: 0.9mg (1.1%)