



Rosemary Grilled Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 green onions chopped
- ☐ 2 pounds lamb chops ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 teaspoon pepper
- ☐ 1 cup red wine
- ☐ 8 servings rosemary sprigs
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon worcestershire sauce

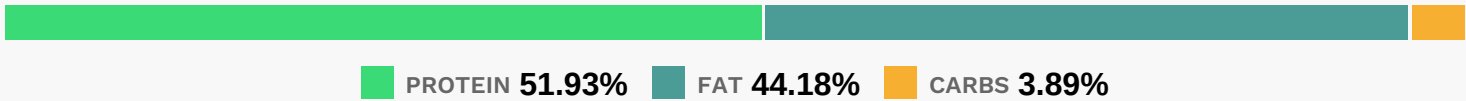
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 10 ingredients. Reserve 1/3 cup red wine mixture.
- ☐ Place 8 (1 1/2-inch-thick) lamb chops in a large heavy-duty zip-top plastic bag.
- ☐ Add red wine mixture. Seal bag, and chill 2 hours, turing occassionally.
- ☐ Remove lamb chops from marinade, discarding marinade.
- ☐ Grill chops, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 10 minutes on each side or to desired degree of doneness, brushing with reserved wine mixture using rosemary sprigs. Squeeze juice over chops before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:14.069565151049%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.18mg, Eriodictyol:

0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 244.6kcal (12.23%), Fat: 10.63g (16.36%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.42g (0.47%), Cholesterol: 85.79mg (28.6%), Sodium: 364.84mg (15.86%), Alcohol: 3.18g (100%), Alcohol %: 2.6% (100%), Protein: 28.12g (56.24%), Vitamin B12: 3.22µg (53.66%), Zinc: 5.35mg (35.68%), Vitamin B3: 5.9mg (29.51%), Vitamin B2: 0.44mg (25.94%), Vitamin B6: 0.5mg (25.25%), Phosphorus: 250.69mg (25.07%), Vitamin K: 26.14µg (24.89%), Iron: 2.95mg (16.39%), Selenium: 11.17µg (15.95%), Potassium: 426.55mg (12.19%), Vitamin B5: 1.03mg (10.3%), Vitamin B1: 0.14mg (9.65%), Copper: 0.19mg (9.54%), Magnesium: 32.64mg (8.16%), Manganese: 0.11mg (5.67%), Vitamin C: 3.82mg (4.63%), Vitamin E: 0.47mg (3.11%), Calcium: 27.96mg (2.8%), Vitamin A: 124.98IU (2.5%), Folate: 5.52µg (1.38%), Fiber: 0.33g (1.33%)