



## Rosemary Lamb Chops

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons rosemary fresh chopped
- 1 garlic clove minced
- 3 ounce lamb rib chops trimmed
- 2 teaspoons olive oil
- 0.5 teaspoon salt

### Equipment

- bowl

frying pan

## Directions

- Combine chopped rosemary, salt, pepper, and minced garlic in a small bowl.
- Sprinkle herb mixture evenly over lamb; gently rub over lamb.
- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add lamb; cook 3 minutes on each side or until desired degree of doneness.
- Remove lamb from pan; let stand 5 minutes.

## Nutrition Facts

 **PROTEIN 31.73%**  **FAT 65.8%**  **CARBS 2.47%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.3200000313961%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 55.09kcal (2.75%), Fat: 3.97g (6.11%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.01g (0.01%), Cholesterol: 14.03mg (4.68%), Sodium: 306.2mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B12: 0.51µg (8.43%), Selenium: 4.85µg (6.94%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.82mg (5.46%), Phosphorus: 39.85mg (3.99%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.33mg (2.2%), Iron: 0.4mg (2.2%), Vitamin B6: 0.04mg (2.19%), Vitamin B1: 0.03mg (1.81%), Potassium: 61.34mg (1.75%), Manganese: 0.03mg (1.73%), Vitamin B5: 0.14mg (1.45%), Magnesium: 5.76mg (1.44%), Copper: 0.03mg (1.39%), Vitamin K: 1.42µg (1.35%), Folate: 4.55µg (1.14%)