



Rosemary Lamb Chops with Garlic-Balsamic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar
- 2 teaspoons balsamic vinegar
- 0.5 teaspoon pepper black
- 2 tablespoons rosemary fresh chopped
- 1 tablespoon garlic divided minced
- 4 ounce lamb loin chops trimmed
- 1 tablespoon olive oil

- 0.5 teaspoon salt divided
- 2 tablespoons mustard stone-ground

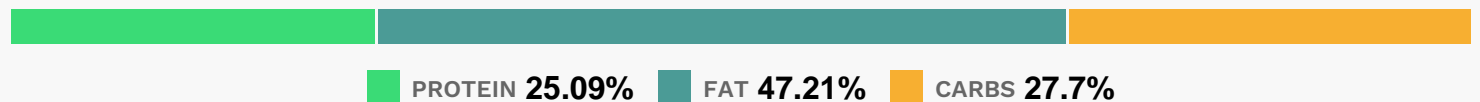
Equipment

- bowl
- sauce pan
- grill

Directions

- Prepare grill.
- Combine 1 teaspoon garlic, 1/4 teaspoon salt, rosemary, mustard, olive oil, and 2 teaspoons vinegar in a small bowl; stir well.
- Place lamb chops in a shallow dish.
- Spread rosemary mixture evenly over both sides of chops; let stand at room temperature 10 minutes.
- While chops stand, bring 1/2 cup balsamic vinegar and remaining 2 teaspoons garlic to a boil in a small saucepan. Reduce heat, and simmer, uncovered, 5 minutes or until reduced to 1/4 cup. Stir in remaining 1/4 teaspoon salt and pepper; set aside, and keep warm.
- Place lamb chops on grill rack; cover and grill 4 minutes on each side or until desired degree of doneness.
- Place lamb chops on each of 4 plates, and drizzle with vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:3.17, Inflammation Score:-2, Nutrition Score:4.4708695515342%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 111.22kcal (5.56%), Fat: 5.51g (8.48%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.71g (2.44%), Sugar: 5.27g (5.85%), Cholesterol: 18.71mg (6.24%), Sodium: 401.09mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Selenium: 9.54µg (13.62%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.91mg (9.57%), Manganese: 0.16mg (7.94%), Phosphorus: 72.61mg (7.26%), Zinc: 1.02mg (6.77%), Iron: 1.06mg (5.86%), Vitamin B2: 0.07mg (4.37%), Magnesium: 17.22mg (4.31%), Potassium: 146.11mg (4.17%), Vitamin B6: 0.08mg (4.11%), Vitamin E: 0.59mg (3.92%), Vitamin B1: 0.06mg (3.71%), Copper: 0.06mg (3.17%), Calcium: 25.52mg (2.55%), Vitamin K: 2.66µg (2.54%), Vitamin B5: 0.23mg (2.33%), Fiber: 0.57g (2.28%), Folate: 8.52µg (2.13%), Vitamin C: 0.87mg (1.06%)