



HEALTH SCORE

54%

Sage Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar dark
- ☐ 0.1 teaspoon garlic powder
- ☐ 4 lamb chops 1-inch-thick ()
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon rubbed sage
- ☐ 0.1 teaspoon salt

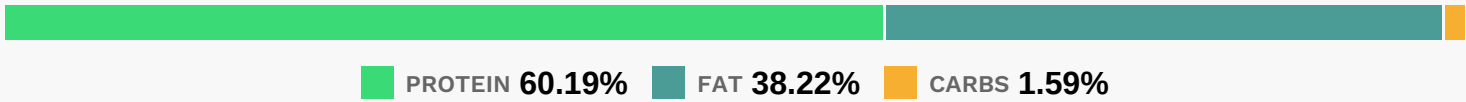
Equipment

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine first 6 ingredients in a 9-inch pieplate or microwave-safe dish.
- ☐ Add chops, turning to coat; arrange chops with bones toward center of dish. Cover and chill 2 to 3 hours.
- ☐ Microwave at MEDIUM-HIGH (70% power) 3 to 5 minutes or until chops are pink in the center (do not overcook). Cover with aluminum foil, and let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:31.972608588555%

Nutrients (% of daily need)

Calories: 578.93kcal (28.95%), Fat: 23.61g (36.33%), Saturated Fat: 9.56g (59.77%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.95g (2.16%), Cholesterol: 257.21mg (85.74%), Sodium: 346.36mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.66g (167.32%), Vitamin B12: 9.65µg (160.88%), Zinc: 15.78mg (105.18%), Vitamin B3: 17.33mg (86.65%), Vitamin B2: 1.27mg (74.79%), Phosphorus: 718.84mg (71.88%), Vitamin B6: 1.4mg (69.85%), Selenium: 32.76µg (46.8%), Iron: 7.58mg (42.13%), Potassium: 1080.98mg (30.89%), Vitamin B5: 3mg (30.02%), Vitamin B1: 0.41mg (27.31%), Copper: 0.53mg (26.41%), Magnesium: 79.62mg (19.91%), Calcium: 42.65mg (4.27%), Manganese: 0.07mg (3.45%)