



# Sausage-Wrapped Lamb Chops with Tapanade Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

## Ingredients

- 1 teaspoon brandy
- 1 teaspoon butter
- 4 servings butter
- 1 large eggs
- 2 garlic clove minced
- 0.8 teaspoon ground cumin
- 4 ounces lamb

- 0.3 teaspoon pepper black
- 4 ounces ground pork
- 8 rib lamb rack of trimmed cut into 4 double chops
- 1 teaspoon madeira wine
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.3 cup shallots chopped

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer

## Directions

- Sprinkle chops with salt and pepper.
- Heat oil in large nonstick skillet over high heat.
- Add chops; sear just until brown, about 1 minute per side.
- Transfer to plate and cool.
- Melt butter in small nonstick skillet over medium heat.
- Add shallots and garlic; sauté until soft, about 3 minutes.
- Add cumin; stir 30 seconds.
- Transfer to medium bowl and cool.
- Mix ground lamb, pork, egg, 1/2 teaspoon salt, 1/4 teaspoon pepper, brandy, and Madeira into shallot mixture. Divide meat mixture into 4 equal portions. Press each meat mixture portion around each lamb chop, covering meat completely and pressing to adhere, leaving bones exposed. (Can be prepared 6 hours ahead. Cover and refrigerate.)
- Preheat oven to 450°F. Spray rimmed baking sheet with nonstick spray.

Place lamb chops on sheet. Roast until thermometer inserted into center of chops registers 125°F to 130°F for medium-rare, about 20 minutes.

Place 1 double chop on each of 4 plates. Top each with 2 slices Tapenade Butter.

## Nutrition Facts

**PROTEIN 18.13%** **FAT 76.82%** **CARBS 5.05%**

### Properties

Glycemic Index:56.75, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:8.1647825085598%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 270.03kcal (13.5%), Fat: 22.7g (34.92%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.25g (1.39%), Cholesterol: 102.36mg (34.12%), Sodium: 385.49mg (16.76%), Alcohol: 0.55g (100%), Alcohol %: 0.69% (100%), Protein: 12.05g (24.11%), Selenium: 17.07µg (24.38%), Vitamin B1: 0.26mg (17.39%), Vitamin B12: 1.02µg (17.05%), Vitamin B3: 3.11mg (15.55%), Phosphorus: 137.5mg (13.75%), Zinc: 1.93mg (12.88%), Vitamin B6: 0.24mg (12.12%), Vitamin B2: 0.2mg (11.51%), Iron: 1.43mg (7.96%), Potassium: 233.13mg (6.66%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.86mg (5.74%), Manganese: 0.11mg (5.57%), Magnesium: 18.66mg (4.67%), Vitamin A: 231.84IU (4.64%), Folate: 18.15µg (4.54%), Vitamin K: 3.98µg (3.79%), Copper: 0.08mg (3.78%), Calcium: 29.8mg (2.98%), Fiber: 0.58g (2.3%), Vitamin C: 1.88mg (2.28%), Vitamin D: 0.28µg (1.86%)