



Sauteed Lamb Chops with Béarnaise Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup béarnaise butter
- ☐ 3.3 pounds lamb rib chops 1-inch-thick
- ☐ 2 tablespoons olive oil

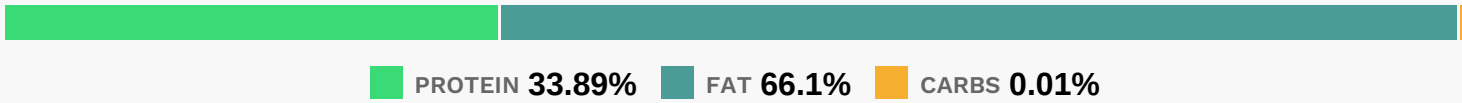
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle lamb chops with salt and pepper.
- ☐ Heat oil in heavy large skillet over medium-high heat. Working in 2 batches, sauté lamb chops until browned on both sides and cooked to medium-rare, about 2 1/2 minutes per side.
- ☐ Transfer to platter and tent with foil to keep warm.
- ☐ Arrange 2 chops on each of 8 plates. Top each chop with rounded teaspoonful Béarnaise Butter and serve.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:18.103478110355%

Nutrients (% of daily need)

Calories: 444.08kcal (22.2%), Fat: 32.01g (49.25%), Saturated Fat: 13.86g (86.6%), Carbohydrates: 0.01g (0%), Net Carbohydrates: 0.01g (0%), Sugar: 0.01g (0.01%), Cholesterol: 152.12mg (50.71%), Sodium: 223.97mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.88%), Vitamin B12: 4.41µg (73.5%), Selenium: 41.23µg (58.91%), Vitamin B3: 10.86mg (54.3%), Zinc: 7.02mg (46.77%), Phosphorus: 336.94mg (33.69%), Vitamin B2: 0.37mg (21.96%), Iron: 3.1mg (17.22%), Vitamin B1: 0.22mg (14.79%), Vitamin B6: 0.3mg (14.76%), Potassium: 491.76mg (14.05%), Vitamin B5: 1.21mg (12.13%), Magnesium: 46.35mg (11.59%), Copper: 0.2mg (10.23%), Folate: 39.12µg (9.78%), Vitamin E: 1.18mg (7.89%), Vitamin A: 354.55IU (7.09%), Vitamin K: 3.1µg (2.95%), Calcium: 25.55mg (2.56%), Manganese: 0.04mg (2.21%)