



## Seared Lamb with Balsamic Sauce

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cooking wine dry red
- 2 garlic cloves chopped
- 0.5 teaspoon kosher salt
- 4 ounce lamb loin chops trimmed
- 0.3 cup lower-sodium beef broth fat-free
- 2 teaspoons olive oil

1 cup onion red finely chopped

## Equipment

frying pan

## Directions

Heat olive oil in a large nonstick skillet over medium-high heat.

Sprinkle lamb loin chops with salt and pepper.

Add lamb to pan, and cook 3 minutes or until browned. Turn lamb over, and cook 4 minutes or until desired degree of doneness.

Remove lamb from pan; keep warm.

Add chopped onion and garlic to pan; cook 3 minutes or until onion is tender.

Add wine; bring to a boil. Cook 3 minutes or until liquid evaporates. Stir in broth and balsamic vinegar; bring to a boil. Cook 2 minutes or until reduced to about 2/3 cup.

Serve sauce with lamb.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:4.2760869380411%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

## Nutrients (% of daily need)

Calories: 97.51kcal (4.88%), Fat: 3.74g (5.75%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.32g (1.94%), Sugar: 2.91g (3.23%), Cholesterol: 18.71mg (6.24%), Sodium: 350.39mg (15.23%), Alcohol: 1.58g (100%), Alcohol %: 1.73% (100%), Protein: 6.85g (13.7%), Vitamin B12: 0.63µg (10.44%), Selenium: 7.11µg (10.16%), Vitamin B3: 1.9mg (9.52%), Phosphorus: 69.48mg (6.95%), Zinc: 1mg (6.66%), Vitamin B6: 0.12mg (5.76%), Manganese: 0.11mg (5.53%), Potassium: 193.36mg (5.52%), Vitamin B2: 0.08mg (4.58%), Vitamin C: 3.43mg (4.16%), Iron: 0.73mg (4.08%), Vitamin B1: 0.06mg (3.89%), Folate: 14.47µg (3.62%), Magnesium: 13.21mg (3.3%), Copper: 0.06mg (3.02%), Fiber: 0.74g (2.97%), Vitamin B5: 0.25mg (2.47%), Vitamin E: 0.35mg (2.35%), Calcium: 18.23mg (1.82%), Vitamin K: 1.59µg (1.52%)