



Simple Grilled Lamb Chops

 Gluten Free  Dairy Free

READY IN



136 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon garlic minced
- 2 pounds lamb chops
- 2 tablespoons olive oil
- 1 onion thinly sliced
- 2 teaspoons salt
- 0.3 cup distilled vinegar white

Equipment

- oven
- grill
- aluminum foil

Directions

- Mix together the vinegar, salt, pepper, garlic, onion, and olive oil in a large resealable bag until the salt has dissolved.
- Add lamb, toss until coated, and marinate in refrigerator for 2 hours.
- Preheat an outdoor grill for medium-high heat.
- Remove lamb from the marinade and leave any onions on that stick to the meat. Discard any remaining marinade. Wrap the exposed ends of the bones with aluminum foil to keep them from burning. Grill to desired doneness, about 3 minutes per side for medium. The chops may also be broiled in the oven about 5 minutes per side for medium.

Nutrition Facts

■ PROTEIN **50.7%** ■ FAT **46.24%** ■ CARBS **3.06%**

Properties

Glycemic Index:23.17, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:16.493043688247%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 305.89kcal (15.29%), Fat: 15.19g (23.37%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.8g (0.88%), Cholesterol: 114.38mg (38.13%), Sodium: 865.27mg (37.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.97%), Vitamin B12: 4.29µg (71.54%), Zinc: 7.06mg (47.08%), Vitamin B3: 7.74mg (38.68%), Vitamin B2: 0.57mg (33.64%), Vitamin B6: 0.66mg (32.9%), Phosphorus: 326.97mg (32.7%), Selenium: 14.88µg (21.25%), Iron: 3.45mg (19.17%), Potassium: 511.11mg (14.6%), Vitamin B5: 1.37mg (13.65%), Vitamin B1: 0.19mg (12.86%), Copper: 0.25mg (12.37%), Magnesium: 37.56mg (9.39%), Manganese: 0.1mg (4.76%), Vitamin E: 0.68mg (4.52%), Vitamin K: 3.18µg (3.03%), Calcium: 26.03mg (2.6%),

Vitamin C: 1.77mg (2.15%), Fiber: 0.38g (1.53%)