



Smart and Saucy Rosemary-Cherry Lamb Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rosemary-cherry sauce
- 4 servings garnish: cilantro sprig fresh
- 2 teaspoons ginger fresh grated
- 2 garlic cloves pressed
- 1.3 pounds lamb loin chops bone-in thick (2 inches)
- 0.5 teaspoon salt
- 0.5 teaspoon pepper white

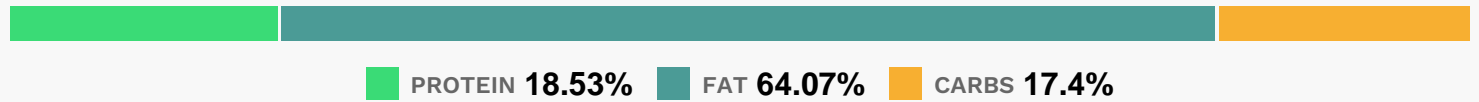
Equipment

grill

Directions

- Combine first 4 ingredients; rub over chops. Cover and chill up to 8 hours.
- Spray chops evenly on both sides with cooking spray.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 10 minutes on each side or to desired degree of doneness (140 to 150 for medium).
- Serve with Rosemary-Cherry Sauce; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:15.304782499438%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 531.42kcal (26.57%), Fat: 38.05g (58.54%), Saturated Fat: 16.73g (104.55%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 20.19g (7.34%), Sugar: 17.95g (19.95%), Cholesterol: 104.89mg (34.96%), Sodium: 370.51mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin B12: 2.89µg (48.19%), Vitamin B3: 9.41mg (47.03%), Selenium: 27.02µg (38.6%), Phosphorus: 247.98mg (24.8%), Zinc: 3.71mg (24.73%), Vitamin B2: 0.35mg (20.37%), Potassium: 625.07mg (17.86%), Iron: 2.86mg (15.88%), Vitamin B6: 0.27mg (13.67%), Vitamin B1: 0.2mg (13.14%), Vitamin C: 10.4mg (12.6%), Fiber: 3.06g (12.24%), Copper: 0.24mg (12.12%),

Vitamin B5: 1.18mg (11.83%), Magnesium: 46.23mg (11.56%), Manganese: 0.16mg (8.14%), Folate: 29.94µg (7.48%), Calcium: 43.25mg (4.32%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.36mg (2.4%), Vitamin A: 96.48IU (1.93%)