



Soy-Lime Lamb Chops



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic cloves pressed
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 teaspoons citrus champagne vinegar

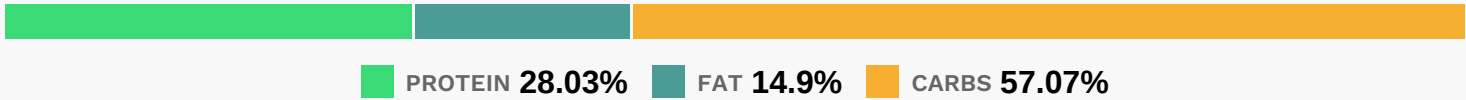
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add lamb; seal bag, and marinate in refrigerator 3 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove lamb from bag, reserving marinade.
- ☐ Pour marinade into a 2-cup glass measure, and microwave at HIGH 1 minute or until boiling; cook 1 additional minute.
- ☐ Place lamb on grill rack; grill 4 to 5 minutes on each side or until lamb is done, basting occasionally with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.3660869313323%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 106.23kcal (5.31%), Fat: 1.78g (2.73%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 15.08g (5.48%), Sugar: 13.51g (15.02%), Cholesterol: 18.71mg (6.24%), Sodium: 601.51mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.05%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 2.09mg (10.44%), Selenium: 7.2µg (10.29%), Phosphorus: 84.64mg (8.46%), Zinc: 1.07mg (7.11%), Vitamin B2: 0.11mg (6.35%), Manganese: 0.11mg (5.72%), Magnesium: 21.04mg (5.26%), Vitamin B6: 0.1mg (5.23%), Iron: 0.94mg (5.21%), Potassium: 168.88mg (4.83%), Folate: 14.44µg (3.61%), Vitamin B1: 0.05mg (3.19%), Copper: 0.06mg (2.94%), Vitamin B5: 0.27mg (2.72%), Calcium: 23.81mg (2.38%), Vitamin C: 1.61mg (1.95%), Vitamin A: 76.14IU (1.52%), Vitamin E: 0.22mg (1.49%)