



## Vietnamese Lamb Chops

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



1017 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bourbon
- 0.5 cup fish sauce
- 4 servings cilantro leaves fresh
- 6 medium garlic clove finely chopped
- 1 tablespoon ground coriander
- 0.5 cup honey
- 8 lamb loin chops 1-inch-thick ()
- 2 teaspoons juice of lime freshly squeezed

- 4 servings lime wedges
- 3 tablespoons soya sauce
- 0.3 cup vegetable oil
- 2 teaspoons pepper white freshly ground

## Equipment

- oven
- whisk
- baking pan
- kitchen thermometer

## Directions

- Place everything except the lamb in a 13-by-9-inch baking dish and whisk to combine.
- Lay the lamb chops in a single layer in the marinade and turn to coat. Cover, refrigerate, and marinate at least 4 hours and up to 24 hours, turning the lamb at least once during the marinating time.
- Remove the lamb from the refrigerator and let it sit at room temperature for about 30 minutes. Meanwhile, heat the oven to 425°F and arrange a rack in the middle.
- Bake the lamb for 15 minutes. Flip the chops and continue to bake until they register 130°F on an instant-read thermometer for medium rare, about 5 minutes more.
- Garnish with the cilantro and serve with the sauce, lime wedges, and steamed rice.

## Nutrition Facts



**PROTEIN 16.38%** **FAT 67.47%** **CARBS 16.15%**

## Properties

Glycemic Index:44.07, Glycemic Load:18.75, Inflammation Score:-5, Nutrition Score:24.646522107332%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 1017.1kcal (50.86%), Fat: 74.1g (113.99%), Saturated Fat: 28.68g (179.26%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 38.79g (14.11%), Sugar: 36.18g (40.2%), Cholesterol: 167.24mg (55.75%), Sodium: 3160.38mg (137.41%), Alcohol: 5.01g (100%), Alcohol %: 1.82% (100%), Protein: 40.46g (80.92%), Vitamin B3: 15.95mg (79.73%), Vitamin B12: 4.75µg (79.16%), Selenium: 46.8µg (66.86%), Zinc: 6.06mg (40.39%), Phosphorus: 379.73mg (37.97%), Vitamin B2: 0.54mg (31.7%), Magnesium: 110.89mg (27.72%), Iron: 4.81mg (26.7%), Vitamin B6: 0.5mg (25.21%), Vitamin K: 25.46µg (24.25%), Potassium: 657.19mg (18.78%), Vitamin B1: 0.27mg (18.28%), Manganese: 0.36mg (17.76%), Copper: 0.32mg (16.24%), Vitamin B5: 1.57mg (15.7%), Folate: 57.11µg (14.28%), Vitamin E: 1.54mg (10.23%), Calcium: 72.02mg (7.2%), Fiber: 1.11g (4.46%), Vitamin C: 3.3mg (4%)