



Zinfandel-Braised Lamb Chops with Dried Fruit



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces california apricots dried quartered
- ☐ 1 cup big such as california zinfandel
- ☐ 3 ounces cherries dried
- ☐ 8 cloves garlic halved
- ☐ 1 tablespoon ground coriander
- ☐ 4 lamb shoulder chops cut ()
- ☐ 2 cups beef broth low-sodium

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 20 servings pepper freshly ground
- ☐ 20 servings salt
- ☐ 10 sprigs thyme leaves plus more for garnish

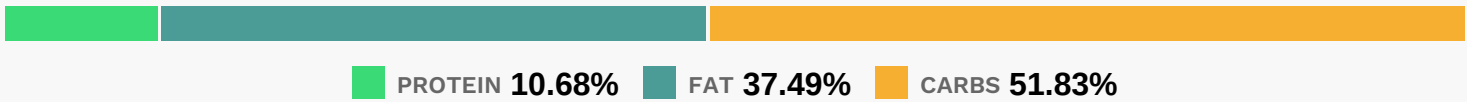
Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep skillet, heat the olive oil. Season the lamb chops with salt and pepper and rub them all over with the coriander.
- ☐ Add the lamb chops to the skillet along with the garlic cloves and 10 thyme sprigs and cook over high heat, turning once, until the lamb chops are browned and the garlic cloves are browned in spots, about 6 minutes.
- ☐ Add the red wine, dried cherries and dried apricots to the skillet and bring to a boil. Cook over moderate heat until the wine is reduced by half, about 5 minutes.
- ☐ Add the beef broth and bring to a boil. Cover partially and simmer over moderately low heat until the lamb is tender and the sauce is thick and glossy, about 35 minutes; turn the lamb chops once or twice during cooking. Discard the thyme sprigs.
- ☐ Serve the lamb chops at once, garnished with fresh thyme.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:1.0821739111258%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 43.38kcal (2.17%), Fat: 1.49g (2.29%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.61g (2.9%), Cholesterol: 0.13mg (0.04%), Sodium: 239.03mg (10.39%), Alcohol: 1.31g (100%), Alcohol %: 3.43% (100%), Protein: 0.95g (1.91%), Vitamin A: 257.27IU (5.15%), Fiber: 0.71g (2.84%), Manganese: 0.05mg (2.5%), Potassium: 72mg (2.06%), Vitamin C: 1.65mg (2%), Vitamin E: 0.24mg (1.61%), Iron: 0.26mg (1.43%), Vitamin K: 1.17µg (1.11%), Calcium: 10.95mg (1.1%)