



Grilled Lamb Chops with Shallots and Red Wine

Number of Servings: 1
Calories Per Serving: 281
PCF Ratio: 40-5-48

Single Serving Comment: 2 chops

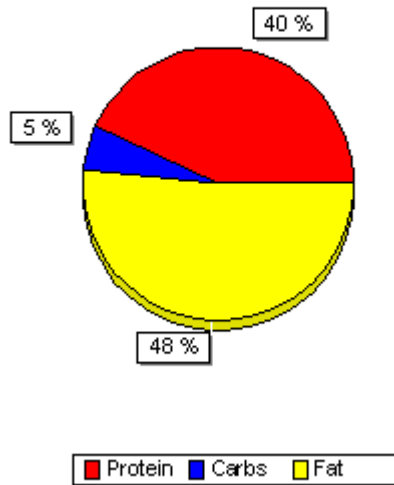
Cooking Instructions

Ingredients:

- 2 Lamb Chops
 - 1/2 tbsp Vegetable Oil
 - 1/16 cup raw Shallot
 - 30ml Rose' Table Wine
 - 1/2 tsp Dried Rosemary
 - 1/2 tsp Ground, Dried Thyme
 - 1/2 tsp Ground Black Pepper
- (serves 1)

Nick edges of chops in several places to prevent curling. Place in a flat baking dish. In a small bowl whisk together all the other ingredients. You can add rosemary thyme and pepper to flavor the chops. Pour over chops; cover. Refrigerate at least 4 hours, turning once. Remove chops and discard marinade. Let lamb come to room temperature before grilling. Grill 3 to 5 minutes per side, turning once. Remove from heat. Cover and keep warm 5 minutes before serving.

40-5-48 Ratio



Nutrition Information

Serving Size: 2 chops (179g)
 Servings: 1

Amount Per Serving

Calories 280 **Calories from Fat** 140

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 4g **19%**

Cholesterol 85mg **29%**

Sodium 90mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **3%**

Sugars 0 g

Protein 28 g

Vitamin A 4% Vitamin C 2%

Calcium 4% Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
LAMB LOIN, RAW, SLO	domesticated, trim to 1/4" fat, choice, yield from 1 raw	2 chops	130	185.9	27.1						

Grilled Lamb Chops with Shallots and Red Wine (continued)

VEGETABLE OIL		1/2 tbsp	7	60										
SHALLOT, RAW	chopped	1/16 cup	10	7.2	.3	1.7								
WINE, ROSE TABLE	1 wine glass	1 fl oz	29	20.9	.1	.4	.4							
ROSEMARY, DRIED		1/2 tsp	1	2	.0	.4								
THYME, DRIED, GROUND		1/2 tsp	1	1.9	.1	.4	.0							
PEPPER, BLACK, GROUND		1/2 tsp	1	2.7	.1	.7								
Recipe Total:			179	280.6	27.7	3.6	.4							
Single Serving Total:			89	280.6	27.7	3.6	.4							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
LAMB LOIN, RAW, SLO				7.7	2.8		.6	85.8				.2	.3	8.5
VEGETABLE OIL				7	1									
SHALLOT, RAW				.0						6	119			.0
WINE, ROSE TABLE									2.7					.0
ROSEMARY, DRIED			.3	.1	.0					.9	18.8			
THYME, DRIED, GROUND			.3	.1	.0					1.3	26.6			.0
PEPPER, BLACK, GROUND			.3	.0	.0		.0			.2	3.1			.0
Recipe Total:			.8	14.9	3.8	.0	.6	85.8	2.7	8.4	167.5	.2	.3	8.6
Single Serving Total:			.8	14.9	3.8	.0	.6	85.8	2.7	8.4	167.5	.2	.3	8.6

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU	Calcium (mg)	Magnesium (mg)
LAMB LOIN, RAW, SLO	.9	.2	31.2	31.2		31.2	2.9				.2		15.6	35.1
VEGETABLE OIL														
SHALLOT, RAW	.0	.0	3.4	3.4		3.4			.8				3.7	2.1
WINE, ROSE TABLE			.3	.3		.3							2.4	2.9
ROSEMARY, DRIED		.0	1.8	1.8		1.8			.4				7.7	1.3
THYME, DRIED, GROUND			1.9	1.9		1.9			.3		.1		13.2	1.5
PEPPER, BLACK, GROUND			.1	.1		.1			.2				4.6	2
Recipe Total:		.9	.3	38.8	38.8	38.8	2.9		1.7		.3		47.2	45
Single Serving Total:		.9	.3	38.8	38.8	38.8	2.9		1.7		.3		47.2	45

Grilled Lamb Chops with Shallots and Red Wine (continued)

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
LAMB LOIN, RAW, SLO	247	358.8	88.4			.2			2.5	.0		30.7	4.1
VEGETABLE OIL													
SHALLOT, RAW	6	33.4	1.2						.1	.0		.1	.0
WINE, ROSE TABLE	4.4	29.1	1.5			.0			.1	.0		.1	.0
ROSEMARY, DRIED	.4	5.7	.3						.2	.0		.0	.0
THYME, DRIED, GROUND	1.4	5.7	.4						.9	.1		.0	.0
PEPPER, BLACK, GROUND	1.8	13.2	.5			.0			.3	.1		.0	.0
Recipe Total:	261.1	446	92.2			.2			4.1	.2		31	4.3
Single Serving Total:	261.1	446	92.2			.2			4.1	.2		31	4.3