

# Garlic Rosemary Lamb Steaks

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-lamb-sirloin-chops-oven-recipe>

## Ingredients:

- 2 lamb steaks
- 2 sprigs rosemary
- 1 tablespoon garlic
- 2 tablespoons butter
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper

## Nutrition:

1. Calories: 1880 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 515 milligrams
4. Fat: 154 grams
5. Protein: 116 grams
6. SaturatedFat: 68 grams
7. Sodium: 1080 milligrams

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