

Herb and Garlic Lamb Chop Pops

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-chop-chinese-recipe>

Ingredients:

- 4 tablespoons olive oil
- 4 tablespoons lemon juice
- 10 garlic cloves pressed or very finely minced
- 2 teaspoons fresh rosemary finely chopped
- 2 tablespoons Italian parsley finely chopped fresh
- 1/2 teaspoon sea salt plus more for seasoning
- 8 lamb chops frenched

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Protein: 21 grams
6. SaturatedFat: 9 grams
7. Sodium: 220 milligrams

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