

# Juicy Garlic Lamb Chops with Herbs

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-chops-marinade-recipe-pakistani>

## Ingredients:

- 4 pieces lamb chops
- black pepper
- salt
- 1 tablespoon olive oil
- 5 garlic cloves minced
- 1/2 tablespoon chopped rosemary fresh and
- 1/2 tablespoon fresh parsley, chopped
- 1/2 tablespoon oregano dried

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 3 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams

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