

# Grilled Lamb Chops with Garlic, Rosemary, and Thyme

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lamb-shashlik-recipe>

## Ingredients:

- 4 lamb loin chops about 1 inch thick, you can use thinner ones, but adjust the cooking time
- sea salt to taste to season cooked lamb chops
- 1/4 cup red wine vinegar
- 2 tablespoons fresh rosemary chopped
- 1 tablespoon chopped fresh thyme
- 1 teaspoon garlic puree or minced fresh garlic
- 2 tablespoons olive oil
- black ground pepper fresh, to taste

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 150 milligrams
4. Fat: 45 grams
5. Protein: 41 grams
6. SaturatedFat: 18 grams
7. Sodium: 540 milligrams

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