

*COOKING TIP:* For best results, grill or broil loin chop approximately 4 inches from heat for 10-12 minutes, turning over halfway through.

*SUGGESTED SEASONINGS:* Garlic • Lemon Pepper • Olive Oil • Mint • Lemon Juice • Oregano • Basil • Worcestershire Sauce • Dijon Mustard • Rosemary

Try our Dijonaise Lamb Loin Chops recipe at [www.superiorfarms.com](http://www.superiorfarms.com).

## Lamb Loin Chop

### Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container: varied

**Calories** 320

Calories from Fat 230

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

Amount Per Serving	% DV*	Amount Per Serving	% DV*
<b>Total Fat</b> 26g	40%	<b>Total Carbohydrate</b> 0g	0%
Saturated Fat 11g	55%	Dietary Fiber 0g	0%
<b>Cholesterol</b> 80mg	27%	Sugars 0g	
<b>Sodium</b> 70mg	3%	<b>Protein</b> 19g	
Vitamin A 0%	•	Vitamin C 0%	•
Calcium 2%	•	Iron 10%	•