

COOKING TIP: For best results, grill or broil rib 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 Rib Chop recipe at www.superiorfarms.com.

Lamb Rib Chops

Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container: varied

Calories 390

Calories from Fat 320

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

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Total Fat 35g	54%	Total Carbohydrate 0g	0%
Saturated Fat 15g	75%	Dietary Fiber 0g	0%
Cholesterol 85mg	28%	Sugars 0g	
Sodium 65mg	3%	Protein 17g	
Vitamin A 0%		Vitamin C 0%	
		Calcium 2%	
		Iron 9%	