



## Baby Lamb Chops with Parsley and Mint Pesto Dipping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**18 min.**

SERVINGS



**6**

CALORIES



**137 kcal**

SIDE DISH

### Ingredients

- 0.3 cup almonds sliced (2-ounce package)
- 1 cup flat-leaf parsley tops
- 1 large clove garlic
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 racks baby lamb (cut into chops)
- 0.3 cup olive oil extra-virgin

- 1 tablespoon red wine vinegar
- 6 servings salt and pepper
- 0.3 cup to 8 sprigs fresh

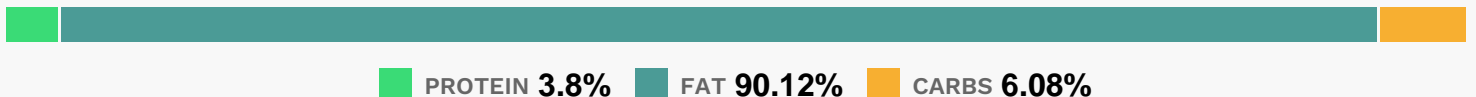
## Equipment

- food processor
- bowl
- frying pan
- grill
- spatula
- grill pan

## Directions

- Preheat grill pan or large heavy skillet over medium high to high heat.
- In a food processor, combine parsley, mint, garlic, almonds, cumin, coriander and pulse until mixture is finely chopped.
- Add a little salt and pepper and vinegar to the processor and turn it back on. Stream in extra-virgin olive oil until a sauce forms. Stop processor, taste and adjust seasonings.
- Transfer to a small bowl using a rubber spatula.
- Drizzle chops with extra virgin olive oil, season with salt and pepper and grill for 3 to 5 minutes on each side for medium rare to medium well doneness. Arrange chops around the dipping sauce and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:8.9704348289448%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 21.66mg, Apigenin: 21.66mg, Apigenin: 21.66mg, Apigenin: 21.66mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 137.09kcal (6.85%), Fat: 14.19g (21.84%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.26g (0.29%), Cholesterol: 0.24mg (0.08%), Sodium: 201.35mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 171.26µg (163.11%), Vitamin E: 2.8mg (18.64%), Vitamin A: 926.37IU (18.53%), Vitamin C: 14.13mg (17.12%), Manganese: 0.15mg (7.5%), Iron: 1.2mg (6.66%), Folate: 19.13µg (4.78%), Magnesium: 18.92mg (4.73%), Fiber: 1.07g (4.3%), Vitamin B2: 0.06mg (3.61%), Calcium: 34.3mg (3.43%), Copper: 0.07mg (3.36%), Potassium: 106.12mg (3.03%), Phosphorus: 29.44mg (2.94%), Zinc: 0.29mg (1.93%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.46%), Vitamin B6: 0.02mg (1.24%)