






 **59%**  
HEALTH SCORE

# Barbecued Lamb Chops with Citrus and Fire-Roasted Artichokes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**50 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1213 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 4 artichokes split
- 2 tablespoons rosemary fresh finely chopped
- 3 juice of lemon
- 3 oranges
- 1 bunch parsley italian finely chopped
- 2 lamb loins racks of
- 1 medium onion red sliced into 1/ half moons

- 4 tablespoons red wine vinegar
- 0.5 cup sugar
- 2 tablespoons virgin olive oil

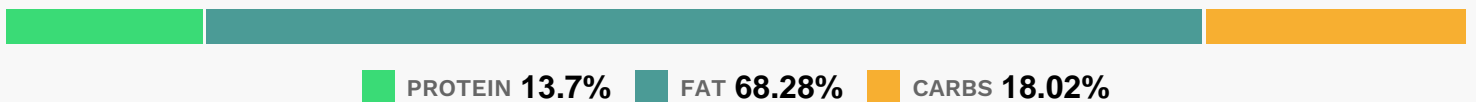
## Equipment

- sauce pan
- grill

## Directions

- Preheat barbeque or grill, then place artichokes on grill.
- Clean and trim racks of lamb and cut into 8 double chops.
- Sprinkle chops with rosemary and brush with 2 tablespoons olive oil and set aside.
- In a 2 to 3 quart sauce pan, heat 3 tablespoons olive oil over high heat.
- Add onion and cook until softened, about 7 to 9 minutes.
- Add sugar and cook until dark brown caramel begins to form.
- Add juices and zests and vinegar and simmer 5 minutes.
- Add fruit segments, simmer 2 minutes more and remove from heat.
- Grill lamb chops over hot part of grill 5 to 7 minutes per side for medium rare.
- Remove artichokes from grill and arrange on platter. Arrange lamb chops at other end, drizzle with citrus sauce and garnish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:50.9, Glycemic Load:24.18, Inflammation Score:-9, Nutrition Score:41.667825823245%

## Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 30.03mg, Hesperetin: 30.03mg, Hesperetin: 30.03mg, Hesperetin: 30.03mg Naringenin: 31.61mg, Naringenin: 31.61mg, Naringenin: 31.61mg, Naringenin: 31.61mg Apigenin: 40.29mg, Apigenin: 40.29mg, Apigenin: 40.29mg, Apigenin: 40.29mg

Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

## **Nutrients (% of daily need)**

Calories: 1213.01kcal (60.65%), Fat: 93g (143.07%), Saturated Fat: 38.72g (242.01%), Carbohydrates: 55.22g (18.41%), Net Carbohydrates: 44.8g (16.29%), Sugar: 37.26g (41.4%), Cholesterol: 188.63mg (62.88%), Sodium: 270.47mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.99g (83.98%), Vitamin K: 256.97µg (244.73%), Vitamin C: 97.23mg (117.86%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 16.98mg (84.9%), Selenium: 42.77µg (61.1%), Zinc: 7.65mg (50.99%), Phosphorus: 488.89mg (48.89%), Folate: 183.74µg (45.93%), Fiber: 10.42g (41.67%), Vitamin B2: 0.63mg (36.85%), Potassium: 1278.38mg (36.53%), Magnesium: 144.04mg (36.01%), Iron: 6.33mg (35.18%), Vitamin B1: 0.46mg (30.43%), Copper: 0.6mg (30.13%), Vitamin A: 1469.26IU (29.39%), Vitamin B6: 0.54mg (27%), Manganese: 0.47mg (23.52%), Vitamin B5: 2.35mg (23.45%), Calcium: 164.58mg (16.46%), Vitamin E: 2.02mg (13.47%)