



WHATSheATE



Broiled Cumin Lamb Chops with Curried Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon honey

- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 cup onion chopped
- ☐ 0.5 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water

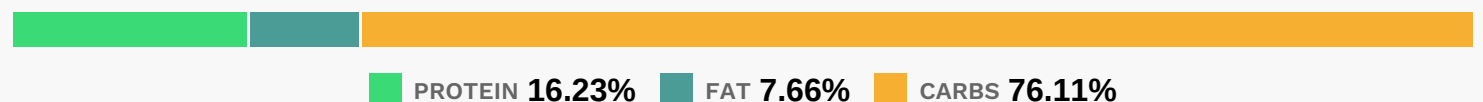
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ To prepare lamb, combine first 3 ingredients in a bowl.
- ☐ Brush honey evenly over both sides of lamb; sprinkle evenly with spice mixture. Arrange lamb in a single layer on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness.
- ☐ To prepare couscous, heat a nonstick saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 2 minutes. Stir in cranberries and next 4 ingredients (through 1/4 teaspoon salt); bring to a boil.
- ☐ Remove from heat; stir in couscous. Cover and let stand 5 minutes.
- ☐ Add cilantro; fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:25.11, Inflammation Score:-4, Nutrition Score:9.9300000512082%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 302.65kcal (15.13%), Fat: 2.61g (4.01%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 54.13g (19.68%), Sugar: 19.65g (21.83%), Cholesterol: 18.71mg (6.24%), Sodium: 466.93mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Manganese: 0.51mg (25.53%), Vitamin C: 18.81mg (22.8%), Vitamin B3: 3.69mg (18.45%), Fiber: 4.2g (16.82%), Phosphorus: 154.56mg (15.46%), Iron: 2.14mg (11.87%), Vitamin B1: 0.16mg (10.97%), Magnesium: 41.89mg (10.47%), Selenium: 7.33µg (10.47%), Copper: 0.21mg (10.46%), Vitamin B12: 0.63µg (10.44%), Zinc: 1.47mg (9.81%), Potassium: 313.66mg (8.96%), Vitamin B5: 0.87mg (8.7%), Vitamin B6: 0.17mg (8.68%), Folate: 33.45µg (8.36%), Vitamin B2: 0.13mg (7.75%), Calcium: 45.05mg (4.51%), Vitamin E: 0.54mg (3.6%), Vitamin K: 2.52µg (2.4%), Vitamin A: 93.93IU (1.88%)