



## Broiled Lamb Chops with Mango-Mint Salsa

 Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



2

CALORIES



455 kcal

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons mint leaves fresh chopped
- 2 garlic cloves halved
- 1 tablespoon honey
- 12 ounce lamb rib chops trimmed ( )
- 1 cup mangos diced ripe peeled ( 2)
- 2 tablespoons pinenuts toasted
- 1 tablespoon rice wine vinegar
- 0.3 teaspoon salt

1 large shallots minced peeled

## Equipment

bowl

broiler

broiler pan

## Directions

Preheat broiler.

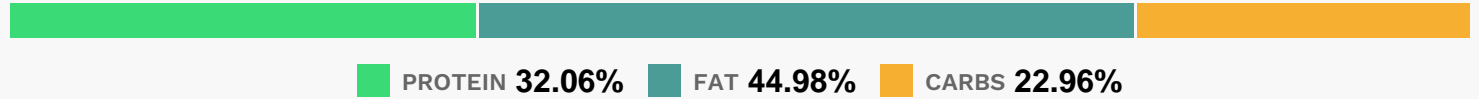
Combine first 6 ingredients in a medium bowl. Cover and chill.

Rub chops with garlic, salt, and pepper.

Place chops on a broiler pan coated with cooking spray. Broil 4 to 5 minutes on each side or until desired degree of doneness.

Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:123.01, Glycemic Load:11.05, Inflammation Score:-8, Nutrition Score:26.813478241796%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 455.22kcal (22.76%), Fat: 22.94g (35.29%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.7g (8.62%), Sugar: 21.3g (23.67%), Cholesterol: 112.26mg (37.42%), Sodium: 418.37mg

(18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.56%), Vitamin B12: 4.05µg (67.47%), Manganese: 1.16mg (58.19%), Selenium: 39.21µg (56.01%), Vitamin B3: 11.16mg (55.78%), Zinc: 7.35mg (49.01%), Vitamin C: 33.69mg (40.83%), Phosphorus: 393.8mg (39.38%), Vitamin B2: 0.42mg (24.58%), Vitamin B6: 0.47mg (23.49%), Copper: 0.46mg (22.83%), Iron: 4.05mg (22.52%), Vitamin A: 1110.09IU (22.2%), Folate: 84.89µg (21.22%), Potassium: 740.29mg (21.15%), Magnesium: 83.97mg (20.99%), Vitamin B1: 0.28mg (18.77%), Vitamin B5: 1.38mg (13.81%), Vitamin E: 2.01mg (13.39%), Fiber: 2.64g (10.55%), Vitamin K: 9.42µg (8.97%), Calcium: 55.69mg (5.57%)