



Broiled Lamb Chops with Mint Chimichurri

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon cinnamon
- ☐ 2 cups flat parsley trimmed
- ☐ 1 garlic clove
- ☐ 4 lamb shoulder 1-inch-thick ()
- ☐ 2 cups mint leaves trimmed
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 10 ounces peas frozen
- ☐ 2 tablespoons butter unsalted

- ☐ 3 tablespoons water
- ☐ 0.3 cup vinegar white

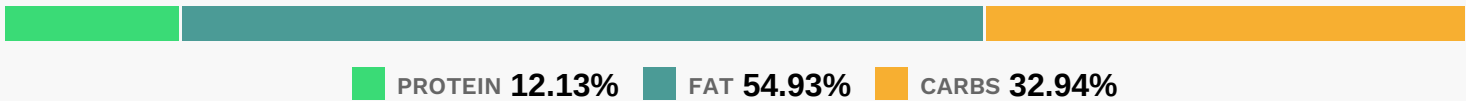
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Stir together cinnamon and 1 1/2 teaspoon each of salt and pepper in a bowl, then rub over chops. Broil in a 4-sided sheet pan 3 to 4 inches from heat, turning once, 8 to 10 minutes total for medium-rare.
- ☐ With motor running, drop garlic into food processor and finely chop.
- ☐ Add remaining sauce ingredients and 1/2 teaspoon salt and pulse until herbs are finely chopped.
- ☐ Transfer to a bowl.
- ☐ Cook peas in water and butter in a small saucepan over medium-high heat, covered, stirring once or twice, until just tender, about 3 minutes.
- ☐ Serve chops drizzled with a little chimichurri and serve peas and remaining chimichurri on the side.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:22.990869296634%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 65.88mg, Apigenin: 65.88mg, Apigenin: 65.88mg, Apigenin: 65.88mg Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 189.07kcal (9.45%), Fat: 11.87g (18.26%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 8.97g (3.26%), Sugar: 4.3g (4.78%), Cholesterol: 15.69mg (5.23%), Sodium: 30.04mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin K: 513.45µg (489%), Vitamin C: 75.65mg (91.7%), Vitamin A: 4201.29IU (84.03%), Manganese: 0.69mg (34.67%), Folate: 117.81µg (29.45%), Fiber: 7.04g (28.18%), Iron: 4.14mg (23.02%), Vitamin B1: 0.24mg (15.73%), Magnesium: 57.52mg (14.38%), Potassium: 476.81mg (13.62%), Copper: 0.25mg (12.62%), Calcium: 122.38mg (12.24%), Vitamin B3: 2.33mg (11.66%), Phosphorus: 116.15mg (11.61%), Vitamin B2: 0.19mg (11.09%), Zinc: 1.52mg (10.11%), Vitamin B6: 0.19mg (9.37%), Vitamin E: 1.27mg (8.46%), Vitamin B5: 0.29mg (2.9%), Selenium: 1.83µg (2.61%)