



Broiled Lamb with Cilantro-Papaya Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



39 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons garam masala
- 1 teaspoon jalapeno chopped
- 3 ounce lamb loin chops trimmed
- 1 tablespoon juice of lemon fresh
- 0.5 cup prechopped onion red
- 1 cup papaya diced peeled (1 medium)

0.5 teaspoon salt divided

Equipment

broiler

broiler pan

Directions

Preheat broiler.

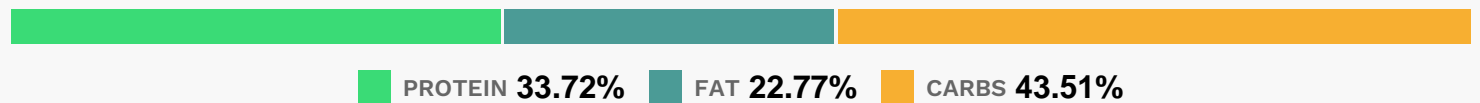
Combine garam masala, 1/4 teaspoon salt, and black pepper. Rub both sides of lamb chops with garam masala mixture. Arrange lamb in a single layer on a broiler pan; broil 4 minutes on each side or until desired degree of doneness.

Remove from heat; sprinkle lamb with remaining 1/4 teaspoon salt.

While lamb cooks, combine papaya and remaining ingredients; stir well.

Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:3.5704347983651%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 39.46kcal (1.97%), Fat: 1.01g (1.56%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.49g (2.77%), Cholesterol: 9.36mg (3.12%), Sodium: 206.66mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin C: 17.33mg (21.01%), Vitamin A: 276.51IU (5.53%), Vitamin B12: 0.31µg (5.22%), Vitamin B3: 1.04mg (5.21%), Selenium: 3.57µg (5.1%), Folate: 15.72µg (3.93%), Phosphorus: 34mg (3.4%), Zinc: 0.5mg (3.34%), Fiber: 0.82g (3.28%), Potassium: 110.32mg (3.15%), Vitamin K:

3.02µg (2.87%), Vitamin B6: 0.05mg (2.74%), Magnesium: 10.66mg (2.66%), Vitamin B2: 0.04mg (2.63%),
Manganese: 0.05mg (2.25%), Iron: 0.38mg (2.13%), Vitamin B1: 0.03mg (2.09%), Copper: 0.04mg (1.87%), Vitamin
B5: 0.17mg (1.65%), Calcium: 10.62mg (1.06%)