



WHATSheATE



Coriander-and-Chile-Rubbed Lamb Chops



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



844 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup coriander seeds
- ☐ 12 shoulder chops boneless (each , tied by butcher)
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 1.5 teaspoons pepper flakes dried red hot

Equipment

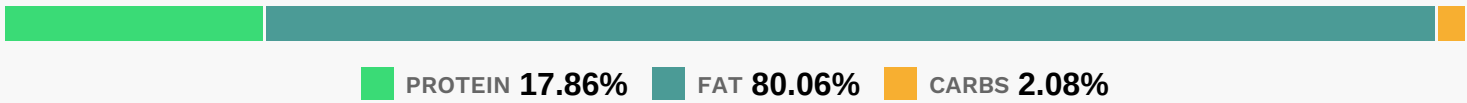
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags
- ☐ mortar and pestle

Directions

- ☐ Divide lemon juice and garlic between 2 sealable plastic bags and put 6 tied chops in each bag, shaking to distribute marinade. Marinate 20 minutes. Grind coriander and red pepper flakes with a mortar and pestle or in an electric coffee/spice grinder, then pour onto a plate. Pat chops dry and season well with salt. Dip both sides of each chop into spice mixture to coat.
- ☐ Preheat oven to 450°F.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chops, 4 at a time, until browned on all sides (add more oil to skillet for each batch).
- ☐ Transfer chops to a large shallow (1-inch-deep) baking pan as browned.
- ☐ When all chops are browned, roast in middle of oven 10 minutes for medium-rare.
- ☐ Remove string before serving.
- ☐ ·Chops may be browned 30 minutes ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:22.244782561841%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 844.15kcal (42.21%), Fat: 74.91g (115.25%), Saturated Fat: 28.57g (178.53%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.57g (0.64%), Cholesterol: 167.24mg (55.75%), Sodium: 136.86mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.21%), Vitamin B12: 4.61µg (76.84%), Vitamin B3: 14.79mg (73.94%), Selenium: 44.09µg (62.98%), Zinc: 5.94mg (39.58%), Phosphorus: 364.36mg (36.44%), Vitamin B2: 0.49mg (29.11%), Iron: 4.41mg (24.5%), Vitamin B1: 0.27mg (17.87%), Vitamin E: 2.65mg (17.64%), Vitamin B6: 0.35mg (17.33%), Potassium: 567.4mg (16.21%), Magnesium: 61.09mg (15.27%), Vitamin B5: 1.47mg (14.71%), Copper: 0.29mg (14.3%), Vitamin C: 9.4mg (11.4%), Folate: 42.71µg (10.68%), Vitamin K: 9µg (8.57%), Manganese: 0.16mg (7.98%), Fiber: 1.69g (6.75%), Calcium: 65.37mg (6.54%), Vitamin A: 149.71IU (2.99%)