



 **63%**
HEALTH SCORE

Crispy Indian-Style Simmered Goat Chops

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



2

CALORIES



1303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 4 peppercorns whole black
- 1 cup breadcrumbs fresh
- 1 eggs beaten
- 4 teaspoons garlic clove finely chopped
- 1 inch ginger finely chopped
- 2 servings pepper black freshly ground
- 2 pounds to lamb shoulder blade chops cut into individual chops

- 1.3 cups onion finely sliced
- 3 serrano chiles green
- 1 teaspoon turmeric
- 4 tablespoon vegetable oil divided ()

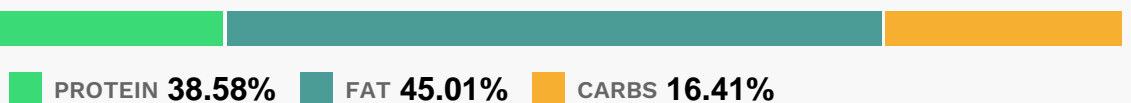
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Season chops generously with salt, pepper, and turmeric. Set aside. In a heavy-bottomed saucepan, heat 1 tablespoon oil over medium heat until shimmering.
- Add onion, garlic, ginger, and Serrano peppers and cook, stirring often, until fragrant and softened but not browned, about 5 minutes.
- Add the whole peppercorns, cloves, and bay leaf and stir until fragrant, about 2 minutes longer.
- Add the goat and cook in the spice mixture until lightly browned, about 5 minutes.
- Add 2 cups of water, bring to a simmer, reduce heat to low, cover, and simmer until cooked through, about 15 minutes.
- Place egg and breadcrumbs in two separate shallow bowls.
- Heat remaining 3 tablespoons oil a large non-stick skillet on medium heat until shimmering. Dip the entire chop in the beaten egg and dredge in the breadcrumbs. Fit as many as can fit into an even layer in the skillet and fry, turning over once, until the crumbs are golden brown and crisp.
- Serve hot with green chutney.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:2.76, Inflammation Score:-10, Nutrition Score:53.680434962978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 21.84mg, Quercetin: 21.84mg, Quercetin: 21.84mg, Quercetin: 21.84mg

Nutrients (% of daily need)

Calories: 1303.23kcal (65.16%), Fat: 63.95g (98.39%), Saturated Fat: 18.34g (114.6%), Carbohydrates: 52.46g (17.49%), Net Carbohydrates: 47.5g (17.27%), Sugar: 8.17g (9.08%), Cholesterol: 424.98mg (141.66%), Sodium: 699.79mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.34g (246.68%), Vitamin B12: 13.26µg (221.05%), Zinc: 22.42mg (149.49%), Vitamin B3: 27.09mg (135.45%), Vitamin B2: 2.06mg (121.11%), Phosphorus: 1135.6mg (113.56%), Vitamin B6: 2.22mg (111.25%), Selenium: 65.43µg (93.48%), Iron: 13.89mg (77.14%), Vitamin B1: 1.14mg (76.1%), Vitamin K: 55.84µg (53.18%), Potassium: 1806.82mg (51.62%), Vitamin B5: 4.82mg (48.2%), Copper: 0.94mg (46.93%), Manganese: 0.94mg (46.89%), Magnesium: 148.31mg (37.08%), Folate: 90.29µg (22.57%), Calcium: 202.61mg (20.26%), Fiber: 4.96g (19.84%), Vitamin E: 2.63mg (17.53%), Vitamin C: 13.77mg (16.69%), Vitamin A: 210.4IU (4.21%), Vitamin D: 0.44µg (2.93%)