



Cumin, Honey, and Mint-Marinated Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons honey
- ☐ 4 ounce lamb loin chops trimmed

☐ 0.5 teaspoon salt

Equipment

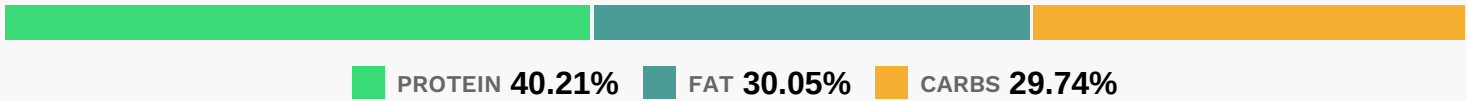
☐ bowl

☐ grill

Directions

- ☐ Combine first 7 ingredients in a small bowl, stirring well.
- ☐ Place lamb in a single layer in a shallow dish; rub spice mixture evenly over both sides of lamb. Cover and refrigerate for 4 hours.
- ☐ Prepare grill.
- ☐ Place lamb on a grill rack coated with cooking spray. Grill 4 minutes on each side or until desired degree of doneness.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:4.1469565409681%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 63.59kcal (3.18%), Fat: 2.12g (3.27%), Saturated Fat: 0.64g (4%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.53g (3.92%), Cholesterol: 18.71mg (6.24%), Sodium: 313.69mg (13.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Selenium: 7.82µg (11.18%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.97mg (9.85%), Iron: 1.46mg (8.13%), Zinc: 1.03mg (6.86%), Phosphorus: 66.34mg (6.63%), Manganese: 0.13mg (6.31%), Vitamin B2: 0.08mg (4.65%), Magnesium: 16.4mg (4.1%), Potassium: 125.5mg (3.59%), Vitamin B1: 0.05mg (3.32%), Copper: 0.06mg (3.16%), Vitamin B6: 0.06mg (2.99%), Folate: 11.03µg (2.76%), Vitamin A: 133.7IU (2.67%), Calcium: 23.45mg (2.35%), Vitamin B5: 0.21mg (2.07%), Fiber: 0.46g (1.84%), Vitamin C: 1.02mg (1.24%)