



## Cumin Lamb Chops with Pear Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon garlic minced
- 1 teaspoon ground cumin
- 36 ounce lamb loin chops lean
- 1 tablespoon juice of lemon
- 2 teaspoons olive oil
- 6 servings pear chutney
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

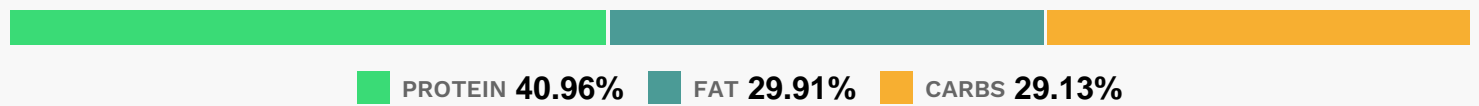
# Equipment

- bowl
- frying pan

# Directions

- Combine first 6 ingredients in a small bowl.
- Place lamb chops in a shallow dish. Spoon cumin mixture evenly over both sides of chops. Cover and chill 1 hour.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chops; cook 8 minutes on each side or to desired degree of doneness.
- Serve with Pear Chutney.

# Nutrition Facts



# Properties

Glycemic Index:17.29, Glycemic Load:7.44, Inflammation Score:-4, Nutrition Score:20.138695724632%

# Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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 Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

# Nutrients (% of daily need)

Calories: 352.4kcal (17.62%), Fat: 11.76g (18.08%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 20.55g (7.47%), Sugar: 16.26g (18.07%), Cholesterol: 112.26mg (37.42%), Sodium: 214.93mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.44%), Vitamin B12: 3.76µg (62.65%),

Selenium: 40.4µg (57.72%), Vitamin B3: 11.36mg (56.81%), Zinc: 5.62mg (37.44%), Phosphorus: 345.86mg (34.59%), Vitamin B2: 0.44mg (25.68%), Iron: 3.8mg (21.09%), Fiber: 5.22g (20.88%), Potassium: 673.71mg (19.25%), Copper: 0.36mg (17.99%), Vitamin B6: 0.35mg (17.32%), Vitamin B1: 0.24mg (16.32%), Magnesium: 59.19mg (14.8%), Folate: 53.01µg (13.25%), Vitamin B5: 1.21mg (12.11%), Vitamin C: 8.29mg (10.05%), Vitamin K: 8.27µg (7.88%), Manganese: 0.15mg (7.56%), Vitamin E: 0.73mg (4.87%), Calcium: 39.95mg (4%)