



WHAT'SheATE



Currant-Glazed Lamb Chops with Pistachio Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup chop roasted peanuts unsalted shelled coarsely chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 ounce lamb rib chops trimmed

- ☐ 1.5 cups beef broth fat-free divided
- ☐ 4 teaspoons olive oil divided
- ☐ 0.3 cup currant jelly red
- ☐ 2 teaspoons rosemary minced
- ☐ 0.5 teaspoon salt divided
- ☐ 2 teaspoons coarse mustard

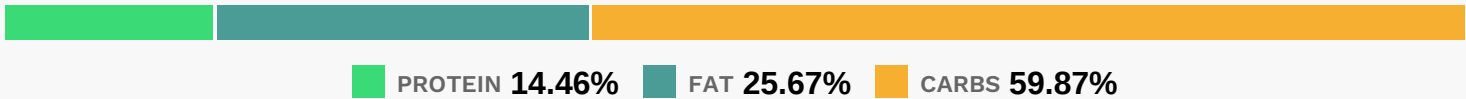
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 1 1/4 cups broth, 2 teaspoons oil, and 1/8 teaspoon salt to a boil in a medium saucepan. Stir in couscous; cover.
- ☐ Remove pan from heat.
- ☐ Combine remaining 2 teaspoons olive oil, remaining 3/8 teaspoon salt, rosemary, garlic powder, and pepper in a bowl. Rub paste evenly on both sides of chops.
- ☐ Heat a skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add lamb; cook for 6 minutes or until desired degree of doneness, turning once.
- ☐ Remove from pan, and keep warm.
- ☐ Add remaining 1/4 cup broth, jelly, vinegar, and mustard. Bring to a boil. Reduce heat; simmer for 90 seconds or until slightly syrupy.
- ☐ Fluff couscous with a fork; stir in pistachios, and sprinkle with mint. Spoon sauce over lamb.
- ☐ Garnish with rosemary leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:31.99, Inflammation Score:-3, Nutrition Score:9.2439130181852%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 388.89kcal (19.44%), Fat: 11.04g (16.99%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 54.28g (19.74%), Sugar: 16.04g (17.82%), Cholesterol: 14.03mg (4.68%), Sodium: 554.21mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Manganese: 0.63mg (31.3%), Vitamin B3: 4.18mg (20.92%), Phosphorus: 160.01mg (16%), Fiber: 3.66g (14.62%), Potassium: 427.52mg (12.21%), Magnesium: 47.43mg (11.86%), Copper: 0.22mg (10.81%), Selenium: 7.13µg (10.18%), Zinc: 1.51mg (10.08%), Vitamin B12: 0.51µg (8.43%), Vitamin B5: 0.83mg (8.33%), Vitamin B1: 0.12mg (8.24%), Iron: 1.44mg (7.97%), Vitamin E: 1.13mg (7.5%), Vitamin B2: 0.13mg (7.38%), Folate: 28.7µg (7.18%), Vitamin B6: 0.14mg (7.17%), Vitamin C: 3.33mg (4.04%), Calcium: 36.64mg (3.66%), Vitamin K: 2.65µg (2.53%), Vitamin A: 110.22IU (2.2%)