



Curry- and Ginger-Rubbed Lamb Chops with Apricot-Lime Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2.5 tablespoons curry powder
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounce lamb shoulder trimmed
- ☐ 0.5 cup lime
- ☐ 1.5 teaspoons olive oil

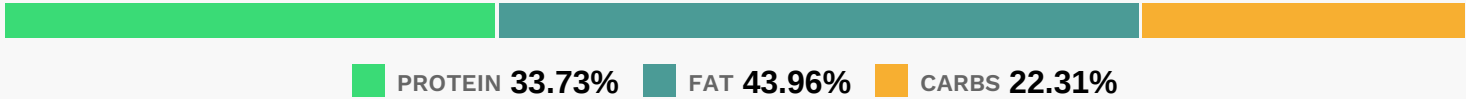
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine the curry, ginger, oil, salt, and pepper; rub paste evenly over lamb.
- ☐ Place lamb on grill rack, and cook 4 minutes. Turn lamb; brush with 1/4 cup Apricot-Lime Sauce. Cook for 4 minutes. Turn lamb, and brush with 1/4 cup sauce. Cook 2 minutes, turning once.
- ☐ Totals include Apricot-Lime Sauce.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.6508695275887%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.33kcal (1.67%), Fat: 1.73g (2.66%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.18g (0.2%), Cholesterol: 8.57mg (2.86%), Sodium: 83.2mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin B12: 0.36µg (5.96%), Selenium: 3.4µg (4.85%), Iron: 0.84mg (4.66%), Manganese: 0.09mg (4.56%), Vitamin B3: 0.89mg (4.45%), Zinc: 0.64mg (4.29%), Vitamin E: 0.57mg (3.78%), Phosphorus: 33.03mg (3.3%), Fiber: 0.82g (3.3%), Vitamin C: 2.03mg (2.46%), Vitamin B6: 0.05mg (2.32%), Vitamin K: 2.41µg (2.3%), Potassium: 79.38mg (2.27%), Magnesium: 9.09mg (2.27%), Vitamin B2: 0.04mg (2.22%), Copper: 0.04mg (1.91%), Folate: 6.73µg (1.68%), Vitamin B1: 0.02mg (1.53%), Calcium: 12.95mg (1.3%), Vitamin B5: 0.11mg (1.13%)