



HEALTH SCORE

59%

Dinner Tonight: Seared Lamb Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



189 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 0.5 juice of lime
- ☐ 0.8 pound leg of lamb
- ☐ 1 Handful mint leaves chopped
- ☐ 1 small to 5 chilies fresh red minced deseeded
- ☐ 3 large handfuls baby spinach mixed such as arugula, baby spinach, mint, sorrel, etc.
- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon sugar

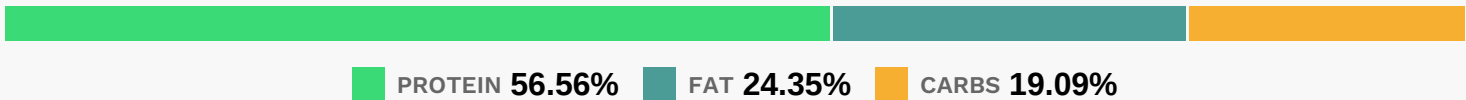
Equipment

☐ grill

Directions

- ☐ Marinate the lamb in 2 tablespoons of the soy sauce and the minced garlic.
- ☐ In the meantime, wash and tear the greens into pieces, if necessary.
- ☐ Combine the remaining soy sauce, lime juice, chili, and sugar. Stir until the sugar is dissolved, and taste for a balance of salty, sweet, and sour.
- ☐ Add the mint leaves and stir to combine.
- ☐ Grill, broil, or sear the lamb over very high heat until crisp and caramelized, and done to your liking. Allow to rest for 2–3 minutes after cooking, then slice across the grain into strips.

Nutrition Facts



Properties

Glycemic Index:96.05, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:29.564782847529%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 189.36kcal (9.47%), Fat: 5.18g (7.97%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.33g (2.67%), Sugar: 4.03g (4.47%), Cholesterol: 68.58mg (22.86%), Sodium: 1725.25mg (75.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.17%), Vitamin K: 220.6µg (210.09%), Vitamin A: 4522.83IU (90.46%), Vitamin C: 48.8mg (59.15%), Vitamin B12: 2.89µg (48.22%), Vitamin B3: 8.49mg (42.47%), Selenium: 26.42µg (37.75%), Manganese: 0.69mg (34.56%), Folate: 125.46µg (31.37%), Zinc: 4.6mg (30.67%), Phosphorus: 283.35mg (28.33%), Vitamin B2: 0.43mg (25.09%), Vitamin B6: 0.48mg (24.22%), Iron: 4.25mg (23.62%), Magnesium: 84.21mg (21.05%), Potassium: 726.95mg (20.77%), Vitamin B1: 0.23mg (15.2%), Copper:

0.28mg (13.97%), Vitamin B5: 0.99mg (9.89%), Vitamin E: 1.32mg (8.82%), Fiber: 1.81g (7.25%), Calcium: 71.29mg (7.13%)