



Five-Spice Lamb Chops with Citrus-Raisin Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon five-spice powder
- 0.3 teaspoon pepper black
- 1 teaspoon sriracha (such as Lee Kum Kee)
- 1 cup couscous uncooked
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup golden raisins
- 0.3 cup hoisin sauce

- 2 tablespoons honey
- 4 ounce lamb loin chops trimmed
- 0.8 cup orange juice
- 0.1 teaspoon salt
- 1 tablespoon seasoned rice vinegar

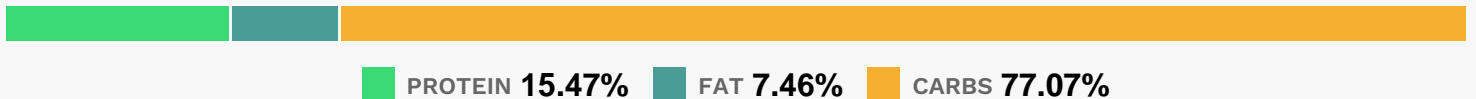
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine first 3 ingredients in a medium saucepan; bring to a boil.
- Add couscous to pan.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine hoisin and next 4 ingredients (through five-spice powder) in a small bowl.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle pepper and salt over lamb.
- Add lamb to pan; cook 5 minutes on each side or until desired degree of doneness.
- Add hoisin mixture to pan; cook 1 minute or until thoroughly heated, turning to coat lamb. Spoon sauce over lamb; serve with couscous.

Nutrition Facts



Properties

Glycemic Index:78.23, Glycemic Load:32.53, Inflammation Score:-4, Nutrition Score:10.03608699726%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 334.77kcal (16.74%), Fat: 2.78g (4.28%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 64.7g (21.57%), Net Carbohydrates: 61.34g (22.31%), Sugar: 24.63g (27.37%), Cholesterol: 19.23mg (6.41%), Sodium: 554.66mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.97%), Vitamin C: 23.81mg (28.86%), Manganese: 0.47mg (23.36%), Vitamin B3: 4.06mg (20.3%), Phosphorus: 160.72mg (16.07%), Fiber: 3.36g (13.44%), Copper: 0.24mg (12.14%), Vitamin B12: 0.68µg (11.39%), Selenium: 7.88µg (11.25%), Vitamin B2: 0.18mg (10.83%), Potassium: 372.97mg (10.66%), Magnesium: 41.33mg (10.33%), Vitamin B1: 0.15mg (10.26%), Zinc: 1.42mg (9.5%), Iron: 1.68mg (9.34%), Vitamin B5: 0.89mg (8.87%), Vitamin B6: 0.17mg (8.63%), Folate: 34.26µg (8.56%), Calcium: 35.02mg (3.5%), Vitamin A: 95.49IU (1.91%)