



Five Spice Lamb with Plum Chutney



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cilantro leaves for garnish
- ☐ 2 tablespoons t brown sugar dark
- ☐ 0.5 teaspoon five spice powder
- ☐ 30 grams garlic
- ☐ 1 tablespoons sauce
- ☐ 0.5 kiwi fruit
- ☐ 3 pounds lamb shoulder (four 1/ chops)
- ☐ 1 cup red wine

- ☐ 1 tablespoons vegetable oil
- ☐ 0.5 teaspoons frangelico
- ☐ 0.5 teaspoons frangelico

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Put the garlic, ginger, kiwi, fish sauce, 1 tablespoon soy sauce, vegetable oil, 1 teaspoon five spice powder and salt into a small food processor or blender and process until smooth.
- ☐ Spread the marinade onto both sides of each piece of lamb and refrigerate for at least 4 hours or up to 24 hours. To make the sauce, add the red wine, cinnamon stick, five spice powder, brown sugar, and soy sauce into a small saucepan and boil until it's thick and syrupy.
- ☐ Remove the cinnamon stick and set aside.
- ☐ Heat a grill until very hot. As long as your chops are thinner than 1/2-inch, they should cook through without burning over a very hot grill, but if your chops are thicker you may want to use a medium high heat, or build two temperature zones if you are using charcoal.
- ☐ Remove any excess marinade from the lamb chops and place on grill. Cover and leave the lamb undisturbed until you have nice grill marks on it. Flip the chops over, cover and grill until they're cooked to your desired doneness.
- ☐ Transfer the lamb to a platter and tent with foil. When the meat is done, bring the sauce to a boil over high heat and add the plums. Boil until the plums are cooked and the sauce is thick (about 1-2 minutes).
- ☐ Serve the lamb with the plum chutney and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:1.6, Inflammation Score:-5, Nutrition Score:24.750434819771%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 410.82kcal (20.54%), Fat: 14.72g (22.64%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.27g (4.46%), Sugar: 8.16g (9.06%), Cholesterol: 137.17mg (45.72%), Sodium: 198.93mg (8.65%), Alcohol: 6.36g (100%), Alcohol %: 2.63% (100%), Protein: 43.61g (87.23%), Vitamin B12: 5.72µg (95.37%), Selenium: 49.96µg (71.37%), Vitamin B3: 13.11mg (65.56%), Zinc: 9.11mg (60.73%), Phosphorus: 430.27mg (43.03%), Vitamin B2: 0.52mg (30.84%), Iron: 4.39mg (24.39%), Vitamin B6: 0.46mg (23.07%), Potassium: 759.61mg (21.7%), Vitamin B1: 0.28mg (18.67%), Magnesium: 65.89mg (16.47%), Vitamin B5: 1.64mg (16.39%), Copper: 0.3mg (15.02%), Manganese: 0.28mg (14.15%), Folate: 55.39µg (13.85%), Vitamin C: 10.97mg (13.3%), Vitamin K: 11.51µg (10.97%), Vitamin E: 0.91mg (6.04%), Calcium: 56.35mg (5.64%), Fiber: 0.57g (2.3%)