



Garam Masala Lamb Chops

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



486 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup breadcrumbs dry
- 1 teaspoon garam masala
- 0.5 teaspoon garlic minced
- 16 ounce lamb rib chops trimmed ()
- 1.5 tablespoons prune baby food
- 0.5 teaspoon salt

Equipment

- broiler

broiler pan

Directions

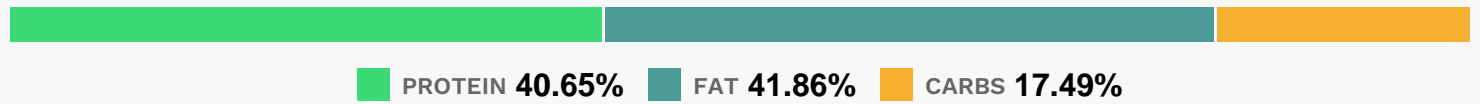
Preheat broiler.

Combine first 4 ingredients in a shallow dish. Rub lamb chops with prune mixture; dredge in breadcrumbs. Coat lamb with cooking spray.

Place lamb on broiler pan coated with cooking spray. Broil 3 to 4 minutes on each side or to desired degree of doneness.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:25.462174099425%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 486.12kcal (24.31%), Fat: 22.06g (33.94%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 18.93g (6.88%), Sugar: 5.35g (5.94%), Cholesterol: 149.69mg (49.9%), Sodium: 877.46mg (38.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.19g (96.39%), Vitamin B12: 5.46µg (91.01%), Selenium: 55.25µg (78.93%), Vitamin B3: 14.77mg (73.83%), Zinc: 8.94mg (59.59%), Phosphorus: 449mg (44.9%), Vitamin B2: 0.55mg (32.21%), Vitamin B1: 0.45mg (30.22%), Iron: 4.78mg (26.54%), Vitamin B6: 0.42mg (20.83%), Potassium: 720.6mg (20.59%), Magnesium: 69.19mg (17.3%), Folate: 67.35µg (16.84%), Copper: 0.33mg (16.57%), Vitamin B5: 1.62mg (16.25%), Manganese: 0.27mg (13.35%), Vitamin K: 7.8µg (7.43%), Fiber: 1.8g (7.2%), Calcium: 66.64mg (6.66%), Vitamin E: 0.49mg (3.29%), Vitamin A: 86.68IU (1.73%)