



Greek Lamb Chops and Mint Yogurt Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 4 ounce lamb loin chops trimmed
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons oregano fresh chopped

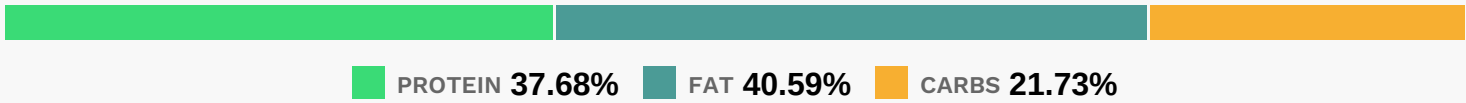
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 3 ingredients in a small bowl.
- ☐ Sprinkle lamb with 1/4 teaspoon salt and pepper; rub with oregano mixture.
- ☐ Heat a large skillet over high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add lamb, and cook for 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand for 5 minutes.
- ☐ Combine yogurt and remaining ingredients in a small bowl.
- ☐ Serve sauce with lamb.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:5.9317391644353%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 84.35kcal (4.22%), Fat: 3.83g (5.89%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.62g (2.91%), Cholesterol: 19.32mg (6.44%), Sodium: 262mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (15.99%), Vitamin B12: 0.81µg (13.56%), Selenium: 8.17µg (11.67%), Phosphorus: 108.63mg (10.86%), Vitamin B3: 1.98mg (9.88%), Calcium: 88.6mg (8.86%), Vitamin B2: 0.15mg (8.79%), Zinc: 1.27mg (8.5%), Vitamin K: 7.95µg (7.57%), Manganese: 0.13mg (6.4%), Iron: 1.06mg (5.88%), Potassium: 195.15mg (5.58%), Vitamin C: 4.54mg (5.51%), Vitamin B6: 0.11mg (5.42%), Magnesium: 18.44mg (4.61%), Vitamin B5: 0.42mg (4.23%), Vitamin B1: 0.06mg (4.06%), Vitamin E: 0.6mg (4.01%), Folate: 15.99µg (4%), Copper: 0.06mg (3.06%), Fiber: 0.63g (2.51%), Vitamin A: 73.63IU (1.47%)