



HEALTH SCORE

100%

Grilled Charmoula Lamb Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



3314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons cayenne
- ☐ 3 sticks cinnamon (3-inch)
- ☐ 0.3 cup coriander seeds
- ☐ 0.3 cup cumin seeds
- ☐ 4 cups cilantro leaves fresh chopped (4 large bunches)
- ☐ 0.3 cup garlic finely chopped (1 large head)
- ☐ 100 lamb rib chops (17 pounds frenched)
- ☐ 1 cup olive oil

- ☐ 0.5 cup paprika hot (not)

Equipment

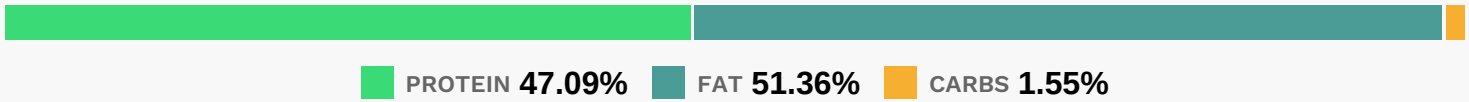
- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Break cinnamon sticks into 1-inch pieces and finely grind in batches in an electric coffee/spice grinder with coriander, cumin, and cloves. Stir together with paprika and cayenne.
- ☐ Stir together 1/4 cup oil and 1 tablespoon garlic in a large bowl and add 25 lamb chops, tossing to coat. Season with salt and toss with 1/4 cup spice mixture and 1 cup cilantro to coat.
- ☐ Transfer coated lamb to sealable plastic bags and coat remaining meat in same manner. Marinate, chilled, at least 2 hours.
- ☐ Prepare grill.
- ☐ Season lamb with salt and grill in batches on an oiled rack about 4 minutes on one side, then 2 minutes on the other for medium-rare. (Alternatively, broil lamb under a preheated broiler 2 to 3 inches from heat.)
- ☐ Serve lamb warm or at room temperature.
- ☐ (3-inch) cinnamon sticks
- ☐ tablespoon coriander seeds
- ☐ tablespoon cumin seeds
- ☐ whole cloves
- ☐ tablespoons paprika (not hot)
- ☐ 1/2 teaspoon cayenne
- ☐ tablespoons olive oil
- ☐ tablespoon finely chopped garlic
- ☐ (8-rib) racks of lamb, frenched to the eye (about 2 3/4 lb. frenched)

☐ cups chopped fresh cilantro (4 large bunches)

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:75.061739050824%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 3314.23kcal (165.71%), Fat: 183.9g (282.93%), Saturated Fat: 63.46g (396.64%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 6.04g (2.2%), Sugar: 1.26g (1.4%), Cholesterol: 1243mg (414.33%), Sodium: 1376.63mg (59.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 379.43g (758.87%), Vitamin B12: 44.82µg (747.06%), Selenium: 422.64µg (603.77%), Vitamin B3: 112.32mg (561.6%), Zinc: 72.48mg (483.18%), Phosphorus: 3487.89mg (348.79%), Vitamin B2: 3.93mg (231.15%), Iron: 37.17mg (206.52%), Vitamin B6: 3.33mg (166.27%), Vitamin B1: 2.34mg (156.29%), Potassium: 5408.75mg (154.54%), Magnesium: 519.1mg (129.78%), Vitamin B5: 12.57mg (125.68%), Copper: 2.27mg (113.6%), Vitamin A: 5419.29IU (108.39%), Folate: 407.74µg (101.94%), Manganese: 1.25mg (62.66%), Vitamin E: 7.83mg (52.23%), Vitamin K: 45.9µg (43.71%), Calcium: 344.79mg (34.48%), Fiber: 6.46g (25.83%), Vitamin C: 6.2mg (7.51%)