



Grilled Charmoula Lamb Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



558 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 0.5 cup cilantro sprigs fresh loosely packed
- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 2 small garlic cloves finely chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 2.5 inch loin lamb chops trimmed (10 oz total)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 1 small onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon paprika sweet

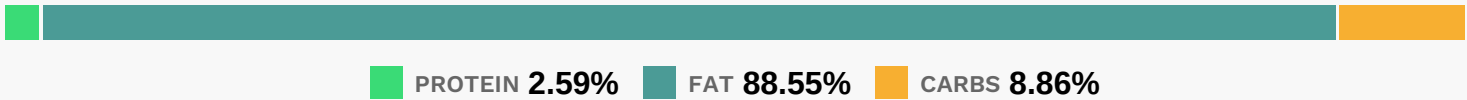
Equipment

- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Blend all ingredients except lamb chops in a blender until smooth, about 1 minute. Pat chops dry and transfer to a plate, then rub chops all over with 2 tablespoons charmoura and marinate, covered, at room temperature 30 minutes.
- ☐ While chops marinate, prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Grill chops, covered only if using a gas grill, on lightly oiled grill rack, turning over once, until medium-rare, about 8 minutes total.
- ☐ Transfer to a plate and let stand, loosely covered, 10 minutes.
- ☐ • If you aren't able to grill outdoors, chops can be cooked in a hot lightly oiled well-seasoned ridged grill pan over moderate heat. • Charmoula keeps, its surface covered with plastic wrap, 1 week. It will lose its bright green color after a couple of days.

Nutrition Facts



Properties

Glycemic Index:173, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:19.785652056984%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 64.69mg, Apigenin: 64.69mg, Apigenin: 64.69mg, Apigenin: 64.69mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 4.57mg, Myricetin: 4.57mg, Myricetin: 4.57mg, Myricetin: 4.57mg Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg

Nutrients (% of daily need)

Calories: 558.07kcal (27.9%), Fat: 56.6g (87.08%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 9.62g (3.5%), Sugar: 3.77g (4.19%), Cholesterol: 4.7mg (1.57%), Sodium: 1776.42mg (77.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin K: 550.77µg (524.55%), Vitamin A: 3685.2IU (73.7%), Vitamin C: 53.3mg (64.6%), Vitamin E: 8.66mg (57.75%), Iron: 3.9mg (21.69%), Manganese: 0.35mg (17.52%), Folate: 68.02µg (17.01%), Fiber: 3.13g (12.54%), Vitamin B6: 0.24mg (12.21%), Potassium: 413.58mg (11.82%), Calcium: 93.52mg (9.35%), Magnesium: 35.21mg (8.8%), Phosphorus: 72.53mg (7.25%), Copper: 0.14mg (6.93%), Vitamin B1: 0.1mg (6.55%), Vitamin B3: 1.22mg (6.08%), Vitamin B2: 0.1mg (6.01%), Zinc: 0.84mg (5.61%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.13µg (2.16%)