



Grilled Curry-Ginger Lamb Chops



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons curry powder
- ☐ 3 tablespoons ginger fresh grated peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 tablespoon olive oil

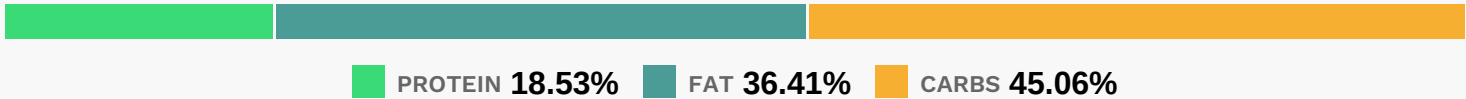
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 6 ingredients in a medium bowl, and spread over lamb.
- ☐ Place lamb in a shallow dish; cover and marinate in refrigerator at least 3 hours.
- ☐ Prepare grill.
- ☐ Coat lamb with cooking spray.
- ☐ Place lamb on grill rack. Grill 7 to 8 minutes on each side or until desired degree of doneness.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:6.032173861628%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 138.64kcal (6.93%), Fat: 5.89g (9.07%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 14.69g (5.34%), Sugar: 8.77g (9.75%), Cholesterol: 18.71mg (6.24%), Sodium: 320.99mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Manganese: 0.25mg (12.62%), Iron: 2.05mg (11.37%), Selenium: 7.9µg (11.29%), Vitamin E: 1.59mg (10.6%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 2.05mg (10.25%), Zinc: 1.12mg (7.47%), Phosphorus: 72.34mg (7.23%), Fiber: 1.72g (6.89%), Vitamin K: 7.01µg (6.68%), Vitamin B6: 0.11mg (5.65%), Magnesium: 22.57mg (5.64%), Copper: 0.11mg (5.4%), Potassium: 188.07mg (5.37%), Vitamin B2: 0.08mg (4.97%), Folate: 14.55µg (3.64%), Vitamin B1: 0.05mg (3.32%), Calcium: 31.02mg (3.1%), Vitamin C: 2.51mg (3.04%), Vitamin B5: 0.21mg (2.05%), Vitamin A: 86.15IU (1.72%)