



Grilled Lamb Chops and Mint Chimichurri

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



138 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 0.1 teaspoon pepper red crushed
- 0.5 cup flat-leaf parsley fresh
- 1.5 cups mint leaves fresh
- 2 garlic cloves minced
- 0.8 teaspoon kosher salt divided
- 4 ounce lamb loin chops trimmed
- 2 tablespoons lower-sodium chicken broth fat-free

- 2.5 tablespoons olive oil extra-virgin
- 2 teaspoons shallots minced
- 1.5 tablespoons vinegar white

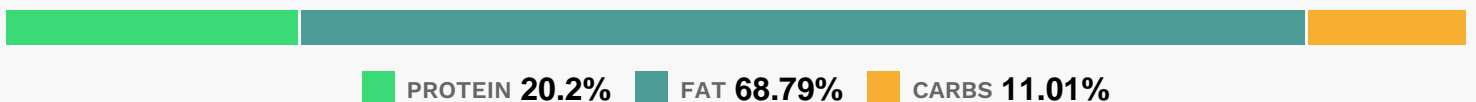
Equipment

- food processor
- frying pan
- grill pan

Directions

- Combine mint, parsley, oil, broth, vinegar, shallots, red pepper, garlic, 1/4 teaspoon salt, and 1/4 teaspoon black pepper in a food processor; process until blended.
- Sprinkle lamb loin chops on both sides with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon black pepper.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add lamb to pan; cook for 5 minutes on each side or until desired degree of doneness.
- Let chops stand for 5 minutes.
- Serve with chimichurri.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:12.563043532164%

Flavonoids

Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 17.08mg, Apigenin: 17.08mg, Apigenin: 17.08mg, Apigenin: 17.08mg Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 137.7kcal (6.89%), Fat: 10.68g (16.43%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.17g (0.18%), Cholesterol: 18.71mg (6.24%), Sodium: 480.04mg (20.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin K: 128.78µg (122.64%), Vitamin A: 1368.72IU (27.37%), Vitamin C: 15.89mg (19.26%), Manganese: 0.28mg (14.13%), Vitamin B3: 2.25mg (11.27%), Iron: 1.99mg (11.06%), Vitamin B12: 0.63µg (10.44%), Selenium: 6.98µg (9.97%), Folate: 37.89µg (9.47%), Vitamin E: 1.4mg (9.32%), Zinc: 1.2mg (8%), Phosphorus: 74.25mg (7.43%), Vitamin B2: 0.12mg (7.08%), Potassium: 244.79mg (6.99%), Fiber: 1.75g (6.98%), Magnesium: 26.08mg (6.52%), Calcium: 59.87mg (5.99%), Copper: 0.11mg (5.65%), Vitamin B6: 0.1mg (5.04%), Vitamin B1: 0.06mg (4.08%), Vitamin B5: 0.29mg (2.9%)