



## Grilled Lamb Chops on Minted Tomatoes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon balsamic vinegar
- 3 tablespoons mint leaves fresh chopped
- 6 lamb rib chops thick (each)
- 0.5 teaspoon olive oil extra-virgin
- 3 tablespoons roasted sunflower seed salted chopped
- 2 servings salt and pepper
- 0.5 lb firm-ripe tomato peeled

### Equipment

grill

## Directions

- Cut tomato in half crosswise; gently squeeze out seed. Trim out and discard core; cut tomato into 1/2-inch cubes.
- Mix tomato, mint, vinegar, and oil; spoon onto a platter or plates.
- Trim excess fat off lamb. Barbecue chops on a grill over solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cook, turning once, until lamb is browned and still pink in the center (cut to test), 7 to 9 minutes total. Set chops on tomato mixture.
- Sprinkle meat with sunflower seed. Season with salt and pepper to taste.

## Nutrition Facts

 **PROTEIN 41.65%** **FAT 52.38%** **CARBS 5.97%**

## Properties

Glycemic Index:44, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:41.657826257789%

## Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 703.25kcal (35.16%), Fat: 40.28g (61.97%), Saturated Fat: 12.44g (77.72%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 6.77g (2.46%), Sugar: 4.64g (5.16%), Cholesterol: 223.74mg (74.58%), Sodium: 557.67mg (24.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.06g (144.12%), Vitamin B12: 8.07µg (134.47%), Selenium: 87.33µg (124.75%), Vitamin B3: 21.39mg (106.94%), Zinc: 13.95mg (92.98%), Phosphorus: 818.65mg (81.87%), Vitamin E: 6.85mg (45.67%), Vitamin B2: 0.76mg (44.79%), Iron: 7.06mg (39.2%), Vitamin B6: 0.76mg (38.08%), Copper: 0.74mg (37.03%), Potassium: 1291.24mg (36.89%), Vitamin B5: 3.37mg (33.71%), Vitamin B1: 0.5mg (33.53%), Folate: 131.85µg (32.96%), Manganese: 0.62mg (31.09%), Magnesium: 123.24mg (30.81%), Vitamin A: 1264.56IU (25.29%), Vitamin C: 18.09mg (21.92%), Fiber: 3.55g (14.2%), Vitamin K: 10.03µg (9.55%), Calcium: 85.58mg (8.56%)