



WHATSheATE



Grilled Lamb Chops with Charmoula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch mint leaves fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 racks lamb loins cut into double rib serving

- ☐ 1 lemon zest
- ☐ 1 lemon zest juiced
- ☐ 0.5 cup olive oil plus more for brushing
- ☐ 6 servings pepper flakes red crushed
- ☐ 2 shallots chopped
- ☐ 1 teaspoon paprika smoked

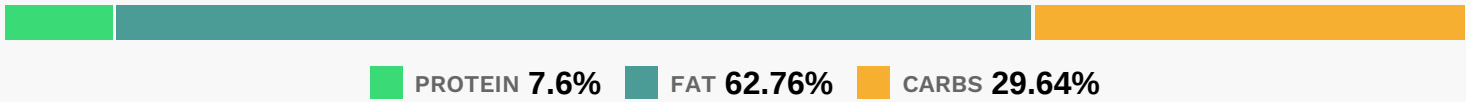
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Have the grill preheated to medium-high heat.
- ☐ In a small bowl, combine the salt, coriander, cumin, smoked paprika, garlic andlemon zest.
- ☐ Sprinkle half of the spice mixture over the chops and set aside while preparing the charmoula.
- ☐ Add the remaining spice mixtureto a bowl with the shallots, mint,parsley, garlic, olive oil, lemon zest, lemon juiceandred pepper flakes. Season with salt and pepper. Set aside.
- ☐ Brush the chops with olive oil and put on the grill. Grill until the lamb is medium-rare, 4 to 6 minutes on each side.
- ☐ Transfer the chops to a serving platter and serve with the charmoula.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:9.9234782820163%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 20.52mg, Apigenin: 20.52mg, Apigenin: 20.52mg, Apigenin: 20.52mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 56.4kcal (2.82%), Fat: 4.38g (6.73%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 2.6g (0.94%), Sugar: 1.02g (1.14%), Cholesterol: 0.24mg (0.08%), Sodium: 816.65mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 160.64µg (152.99%), Vitamin A: 1596.22IU (31.92%), Vitamin C: 16.61mg (20.14%), Vitamin E: 1.48mg (9.88%), Iron: 1.77mg (9.81%), Fiber: 2.05g (8.21%), Manganese: 0.15mg (7.65%), Vitamin B6: 0.11mg (5.33%), Folate: 19.19µg (4.8%), Potassium: 160.7mg (4.59%), Calcium: 41.61mg (4.16%), Magnesium: 16.06mg (4.01%), Copper: 0.07mg (3.27%), Phosphorus: 26.55mg (2.65%), Vitamin B2: 0.04mg (2.55%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.34mg (2.25%), Vitamin B1: 0.03mg (1.95%), Selenium: 0.97µg (1.39%), Vitamin B5: 0.11mg (1.06%)