



Grilled Lamb Chops with Greek Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry tomatoes halved
- 0.5 cucumber peeled thinly sliced
- 3 ounces feta crumbled
- 0.3 cup kalamata black pitted halved
- 2 lb lamb shoulder-blade chops
- 1 tablespoon juice of lemon
- 8 cups salad greens mixed
- 0.3 cup olive oil

- 1 tablespoon oregano fresh finely chopped
- 0.3 small onion red thinly sliced
- 4 servings salt and pepper

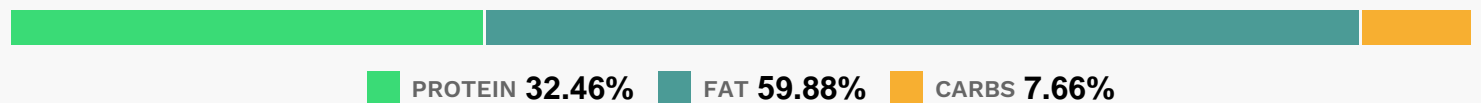
Equipment

- bowl
- paper towels
- grill
- aluminum foil
- cutting board

Directions

- Preheat a gas grill on high, covered, for 10 minutes, then turn heat to medium. Pat lamb chops dry with paper towels and sprinkle generously with salt and pepper. Grill, turning once, until cooked to desired doneness, 8 to 10 minutes total for medium-rare.
- Remove chops from grill, tent with foil and let rest on a cutting board or plate for 5 minutes.
- While lamb chops are cooking, toss greens, tomatoes, cucumber, olives, onion, oil and lemon juice in a large bowl. Divide salad among 4 plates. Top each plate with a chop, sprinkle salad with cheese and oregano and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:25.166956437671%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg

1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 411.49kcal (20.57%), Fat: 27.45g (42.23%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.35g (2.31%), Sugar: 1.94g (2.16%), Cholesterol: 110.37mg (36.79%), Sodium: 736.81mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.95%), Vitamin B12: 4.17µg (69.57%), Selenium: 36.36µg (51.95%), Vitamin B3: 9.53mg (47.66%), Zinc: 6.88mg (45.85%), Phosphorus: 391.51mg (39.15%), Vitamin C: 30.24mg (36.66%), Vitamin B2: 0.58mg (33.85%), Vitamin A: 1273.52IU (25.47%), Iron: 4.07mg (22.63%), Vitamin B6: 0.44mg (22.18%), Folate: 86.14µg (21.54%), Vitamin E: 3.18mg (21.2%), Potassium: 727.61mg (20.79%), Vitamin K: 20.21µg (19.25%), Vitamin B1: 0.26mg (17.46%), Calcium: 169.59mg (16.96%), Magnesium: 61.94mg (15.49%), Vitamin B5: 1.5mg (14.96%), Manganese: 0.3mg (14.83%), Copper: 0.29mg (14.6%), Fiber: 1.55g (6.22%)