



Grilled Lamb Chops With Pineapple-Mint Salsa

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 4 servings couscous hot cooked
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 2 green onions sliced
- ☐ 6 ounce lamb loin chops bone-in thick trimmed ()
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pineapple fresh finely chopped
- ☐ 1 plum tomatoes seeded chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar

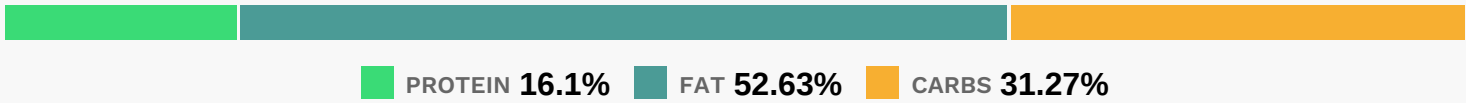
Equipment

- ☐ grill

Directions

- ☐ Rub chops with oil and 1 tablespoon lemon juice; sprinkle evenly with 1/2 teaspoon salt and pepper. Rub chops with garlic and lemon rind. Cover and chill 30 minutes.
- ☐ Combine chopped tomato, next 7 ingredients, and remaining 1 tablespoon lemon juice.
- ☐ Grill lamb, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 7 minutes on each side or to desired degree of doneness.
- ☐ Serve chops with salsa over hot cooked couscous.
- ☐ *1/4 cup drained canned crushed pineapple in juice may be substituted.

Nutrition Facts



Properties

Glycemic Index:88.19, Glycemic Load:12.46, Inflammation Score:-4, Nutrition Score:10.766521826386%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 289.42kcal (14.47%), Fat: 16.89g (25.98%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 20.64g (7.51%), Sugar: 2.11g (2.34%), Cholesterol: 39.03mg (13.01%), Sodium: 490.96mg (21.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.25%), Selenium: 31.08µg (44.4%), Vitamin B3: 3.84mg (19.21%), Vitamin B12: 1.01µg (16.85%), Vitamin K: 16.48µg (15.69%), Vitamin C: 12.76mg (15.46%), Manganese: 0.27mg (13.73%), Phosphorus: 121.34mg (12.13%), Vitamin B2: 0.2mg (11.93%), Zinc: 1.63mg (10.88%), Vitamin B1: 0.13mg (8.83%), Vitamin B6: 0.18mg (8.83%), Folate: 34.23µg (8.56%), Fiber: 1.94g (7.76%), Iron: 1.4mg (7.75%), Calcium: 71.7mg (7.17%), Vitamin B5: 0.71mg (7.09%), Vitamin A: 339.12IU (6.78%), Potassium: 235.53mg (6.73%), Copper: 0.12mg (6.04%), Magnesium: 24.12mg (6.03%), Vitamin E: 0.83mg (5.55%)