



HEALTH SCORE

66%

Grilled Lamb Chops with Roasted Summer Squash and Chimichurri



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 30 ounce lamb loin chops trimmed ()
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 teaspoon oregano leaves fresh

- ☐ 1 Dash pepper red crushed
- ☐ 1 teaspoon salt divided
- ☐ 1.5 tablespoons shallots coarsely chopped
- ☐ 1.5 teaspoons sherry vinegar
- ☐ 3 medium baby squash yellow cut lengthwise into 1/4-inch-thick slices (3/4 pound)
- ☐ 0.8 pound zucchini

Equipment

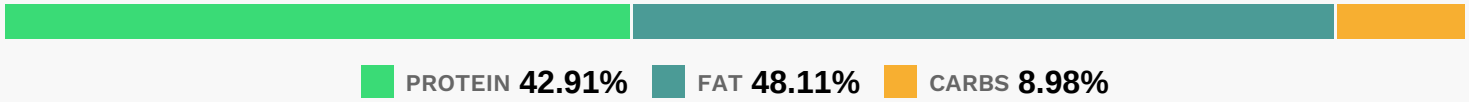
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Bring 2 cups water to a boil in a small saucepan.
- ☐ Add garlic to pan; reduce heat, and simmer 3 minutes.
- ☐ Remove garlic from water; cool. Coarsely chop garlic.
- ☐ Place garlic, 1/2 cup parsley, 2 tablespoons oil, shallots, and next 4 ingredients (through red pepper) in a food processor; process 1 minute or until almost smooth.
- ☐ Add 1/4 teaspoon salt and 1/4 teaspoon black pepper; pulse 2 times.
- ☐ Preheat oven to 45
- ☐ Preheat grill to medium-high heat.
- ☐ Combine squash, zucchini, and remaining 1 tablespoon oil in a bowl; toss well. Arrange squash and zucchini in a single layer on a baking sheet.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Bake at 450 for 16 minutes or until tender, turning after 8 minutes.

- ☐
- Lightly coat lamb with cooking spray.
- ☐
- Sprinkle with remaining 1/2 teaspoon salt and 1/2 teaspoon black pepper.
- ☐
- Place lamb on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness. Divide squash and zucchini evenly among 6 plates. Top each serving with 1 lamb chop and 1 1/2 teaspoons parsley puree.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:26.010434586069%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 297.27kcal (14.86%), Fat: 15.86g (24.39%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.87g (4.3%), Cholesterol: 93.55mg (31.18%), Sodium: 494.41mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.63%), Vitamin K: 94.26µg (89.78%), Vitamin B12: 3.13µg (52.21%), Vitamin B3: 10.06mg (50.3%), Selenium: 33.98µg (48.54%), Vitamin C: 34.47mg (41.78%), Zinc: 5.08mg (33.85%), Phosphorus: 335.31mg (33.53%), Vitamin B2: 0.53mg (31.04%), Vitamin B6: 0.58mg (28.9%), Potassium: 846.91mg (24.2%), Folate: 85.63µg (21.41%), Iron: 3.82mg (21.25%), Manganese: 0.4mg (19.95%), Vitamin B1: 0.27mg (17.73%), Magnesium: 70.04mg (17.51%), Vitamin A: 743.3IU (14.87%), Copper: 0.28mg (14.07%), Vitamin B5: 1.25mg (12.46%), Vitamin E: 1.57mg (10.5%), Fiber: 2.15g (8.59%), Calcium: 57.73mg (5.77%)