



 **62%**
HEALTH SCORE

Grilled Lamb Chops with Turkish Grape Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon thyme leaves fresh chopped
- 2 garlic cloves
- 2 cups grapes seedless divided
- 1 teaspoon kosher salt divided
- 8 frenched lamb chops with meat trimmed from bones; (1 1/2 lbs.)
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 0.5 poblano chile roughly chopped

12 oz tomatoes quartered

Equipment

food processor

sauce pan

grill

Directions

Heat a grill to high (450 to 550).

Sprinkle lamb with thyme, 1/2 tsp. salt, and the pepper. Rub with oil and set aside.

Pulse poblano, tomatoes, garlic, remaining 1/2 tsp. salt, and half the grapes in a food processor until smooth.

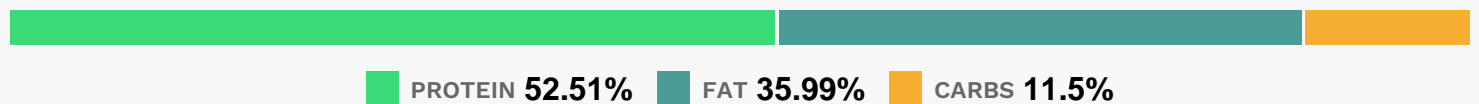
Pour mixture into a medium saucepan. Cook over medium-high heat, stirring occasionally, until boiling.

Add remaining grapes; cook 2 minutes.

Grill chops, turning once, 5 minutes total for medium-rare.

Serve over steamed rice with eggplant and sauce. Any leftover sauce keeps, chilled, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:7.12, Inflammation Score:-9, Nutrition Score:39.071739030921%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 661.26kcal (33.06%), Fat: 25.96g (39.94%), Saturated Fat: 9.92g (62%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 16.41g (5.97%), Sugar: 14.31g (15.9%), Cholesterol: 257.21mg (85.74%), Sodium: 787.77mg (34.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.23g (170.47%), Vitamin B12: 9.65µg (160.88%), Zinc: 16.03mg (106.9%), Vitamin B3: 18.09mg (90.43%), Vitamin B2: 1.35mg (79.66%), Vitamin B6: 1.58mg (79.17%), Phosphorus: 760mg (76%), Selenium: 32.98µg (47.11%), Iron: 8.42mg (46.75%), Potassium: 1461.48mg (41.76%), Vitamin C: 29.3mg (35.51%), Copper: 0.7mg (34.78%), Vitamin B1: 0.5mg (33.64%), Vitamin B5: 3.14mg (31.42%), Magnesium: 98.21mg (24.55%), Vitamin K: 20.28µg (19.31%), Vitamin A: 897.28IU (17.95%), Manganese: 0.29mg (14.34%), Fiber: 2.26g (9.04%), Calcium: 67.62mg (6.76%), Vitamin E: 0.95mg (6.32%), Folate: 16.61µg (4.15%)