



Grilled lamb & potato crush



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g baby potatoes
- ☐ 1 lemon zest
- ☐ 1 tbsp olive oil
- ☐ 560 g to lamb shoulder blade chops
- ☐ 250 g cherry tomatoes
- ☐ 1 garlic clove crushed
- ☐ 250 g baby spinach

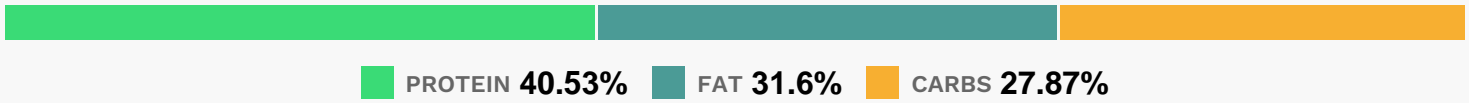
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat the grill to high. Boil the potatoes for 15–20 mins until tender.
- ☐ Meanwhile, rub the lemon zest and a little of the oil over the lamb chops and tomatoes and season, if you want. Grill the tomatoes and lamb on a baking tray for 8–10 mins until golden, turning the lamb over half way through cooking. Cover with foil and leave to rest.
- ☐ Drain the potatoes. Using the same pan, fry the garlic briefly in the remaining oil. Tip in the potatoes and crush roughly with a masher until the skins split. Stir in the spinach and cover for a few mins until the leaves wilt. Season to taste, then serve with the lamb and tomatoes, spooning over any cooking juices.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:16.34, Inflammation Score:-10, Nutrition Score:38.489565310271%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 388.89kcal (19.44%), Fat: 13.65g (21%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 22.36g (8.13%), Sugar: 2.86g (3.18%), Cholesterol: 105.91mg (35.3%), Sodium: 146.27mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.4g (78.81%), Vitamin K: 308.12µg (293.45%), Vitamin A: 6169.57IU (123.39%), Vitamin C: 58.61mg (71.04%), Vitamin B12: 3.97µg (66.25%), Vitamin B6: 1.13mg (56.25%), Zinc: 7.29mg (48.57%), Vitamin B3: 9.25mg (46.24%), Manganese: 0.85mg (42.44%), Potassium: 1457.78mg (41.65%), Phosphorus: 416mg (41.6%), Vitamin B2: 0.7mg (41.01%), Folate: 149.59µg (37.4%), Iron: 6.23mg (34.6%), Magnesium: 116.56mg (29.14%), Copper: 0.48mg (24.12%), Vitamin B1: 0.34mg (22.79%), Selenium: 14.89µg (21.27%), Fiber: 4.74g (18.95%), Vitamin B5: 1.73mg (17.34%), Vitamin E: 2.14mg (14.26%), Calcium: 103.35mg (10.34%)