



## Grilled Lamb with Apple-Mint Jelly

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



1017 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds granny smith apples
- 1 jalapeño halved
- 3 pounds loin lamb chops
- 1 bunch mint leaves chopped
- 4 servings salt and pepper black freshly ground
- 1 cup sugar
- 4 servings vegetable oil
- 1 cup vinegar

1 cup water

## Equipment

bowl

sauce pan

sieve

grill

cheesecloth

## Directions

Watch how to make this recipe.

Quarter apples and place entire apple (seeds and core included) in large saucepan with the 1 bunch mint, water, vinegar and jalapeno. Bring to a boil then lower to a simmer and cook until apples are tender, 15 to 20 minutes. Mash and pour into a cheesecloth-lined sieve over a bowl.

Let sit to drain until you have about 2 cups of juice. Do not squeeze the apple mixture in the cheesecloth to extract more juice.

Pour the strained juice into the saucepan and stir in the sugar. Bring to a boil, lower the heat to a simmer and cook until reduced by half and becomes thick. Reserve half the jelly for serving and half for brushing on the chops as they grill.

Let jelly cool slightly before brushing the chops.

Preheat grill to medium-high heat.

Season lamb chops with salt and pepper and lightly coat with oil. Grill on each side for about 3 minutes, for medium rare, continuously brushing with the glaze.

Mix the remaining 1/4 cup of chopped mint into reserved jelly and serve alongside grilled chops.

## Nutrition Facts



## Properties

Glycemic Index:54.02, Glycemic Load:43.25, Inflammation Score:-5, Nutrition Score:37.631304118944%

## Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

## Nutrients (% of daily need)

Calories: 1016.85kcal (50.84%), Fat: 38.19g (58.75%), Saturated Fat: 11.77g (73.56%), Carbohydrates: 81.56g (27.19%), Net Carbohydrates: 75.92g (27.61%), Sugar: 73.66g (81.84%), Cholesterol: 257.36mg (85.79%), Sodium: 207.27mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.33g (168.65%), Vitamin B12: 9.66µg (160.97%), Zinc: 15.9mg (106%), Vitamin B3: 17.6mg (88.02%), Vitamin B2: 1.35mg (79.14%), Vitamin B6: 1.5mg (75.1%), Phosphorus: 746.87mg (74.69%), Selenium: 33.34µg (47.62%), Iron: 7.9mg (43.87%), Potassium: 1332.46mg (38.07%), Vitamin B5: 3.15mg (31.52%), Copper: 0.61mg (30.4%), Vitamin K: 31.55µg (30.04%), Vitamin B1: 0.45mg (29.98%), Magnesium: 92.79mg (23.2%), Fiber: 5.65g (22.59%), Vitamin C: 14.9mg (18.06%), Vitamin E: 1.68mg (11.2%), Manganese: 0.19mg (9.49%), Calcium: 62.36mg (6.24%), Vitamin A: 203.23IU (4.06%), Folate: 8.91µg (2.23%)