



Grilled Lamb with Chocolate Mint Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mint-filled chocolate squares roughly chopped
- ☐ 0.5 cup flat-leaf parsley leaves chopped
- ☐ 1 green onion chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 2.5 lbs lamb chops
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 1 jalapeño chile red minced

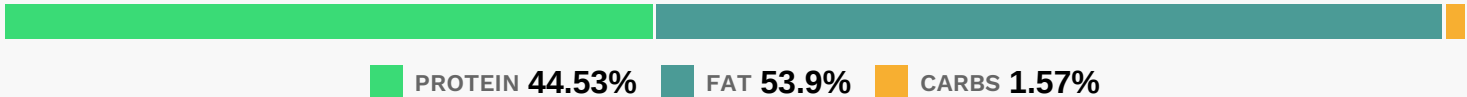
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550). Rub lamb chops with about 2 tbsp. oil and sprinkle with 1/2 tsp. salt. Grill, turning once, until done the way you like, about 8 minutes total for medium.
- ☐ Combine mint, parsley, lime juice, jalapeo, onion, remaining oil, and remaining 1/2 tsp. salt in a medium bowl. Spoon over lamb.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:36.036521569542%

Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 644.34kcal (32.22%), Fat: 37.82g (58.18%), Saturated Fat: 10.48g (65.51%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.45g (0.5%), Cholesterol: 214.46mg (71.49%), Sodium: 755.14mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.3g (140.6%), Vitamin B12: 8.05µg (134.15%), Vitamin K: 140.58µg (133.89%), Zinc: 13.32mg (88.78%), Vitamin B3: 14.71mg (73.54%), Vitamin B2: 1.09mg (64.03%), Phosphorus: 610.1mg (61.01%), Vitamin B6: 1.2mg (59.85%), Iron: 7.2mg (40.01%), Selenium: 27.3µg (39%), Potassium: 995.36mg (28.44%), Vitamin B5: 2.57mg (25.65%), Vitamin B1: 0.36mg (23.85%), Copper: 0.48mg (23.78%), Vitamin C: 19.61mg (23.77%), Magnesium: 75.87mg (18.97%), Vitamin A: 937.73IU (18.75%), Vitamin E: 2.71mg (18.04%), Manganese: 0.13mg (6.51%), Calcium: 61.06mg (6.11%), Folate: 21.29µg (5.32%), Fiber: 0.86g (3.43%)