



Grilled marinated lamb cutlets

 Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1074 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp pomegranate molasses
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp olive oil
- ☐ 1 tsp chili powder
- ☐ 4 lamb cutlets
- ☐ 2 tbsp greek yogurt

Equipment

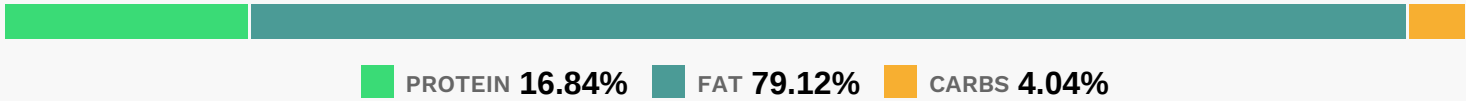
- ☐ bowl

☐ grill

Directions

- ☐ Mix together the pomegranate molasses, lemon juice, olive oil and chilli powder, then toss the cutlets in it. Cover and leave in a cool place for 2–3 hrs.
- ☐ When you are ready, heat the grill to high. Lift the cutlets out of the marinade and scrape what is left into a bowl.
- ☐ Mix the yogurt into the leftover marinade and add 1 tsp salt.
- ☐ Brush some of the mix over the cutlets on both sides and place on the grill tray make sure its about 5cm below the grill. Cook for 2–3 mins each side, brushing with additional yogurt mix when turning. The cutlets should be browned and just beginning to scorch.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:24.63652182662%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1074.09kcal (53.7%), Fat: 93.25g (143.47%), Saturated Fat: 38.62g (241.39%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 10.24g (3.72%), Sugar: 7.78g (8.64%), Cholesterol: 207.95mg (69.32%), Sodium: 190.15mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.65g (89.3%), Vitamin B12: 6.1µg (101.62%), Vitamin B3: 17.16mg (85.82%), Selenium: 51.33µg (73.33%), Zinc: 8.18mg (54.52%), Phosphorus: 425.45mg (42.54%), Vitamin B2: 0.59mg (34.59%), Iron: 4.29mg (23.85%), Vitamin B1: 0.29mg (19.23%), Vitamin B6: 0.38mg (18.87%), Vitamin B5: 1.81mg (18.07%), Potassium: 618.07mg (17.66%), Magnesium: 57.31mg (14.33%), Copper: 0.27mg (13.74%), Folate: 44.93µg (11.23%), Vitamin E: 1.54mg (10.24%), Vitamin A: 401.33IU (8.03%), Calcium: 60.83mg (6.08%), Vitamin K: 5.64µg (5.37%), Manganese: 0.07mg (3.64%), Vitamin C: 2.91mg (3.53%), Fiber: 0.49g (1.97%)