



Grilled Oregano-Lemon Lamb Chops with Orzo

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 32 ounce lamb rib chops (or 4 8-ounce loin chops)
- 2 lemons whole thinly sliced
- 0.3 cup olive oil
- 2 tablespoons oregano dried fresh chopped (or 2 teaspoons oregano)
- 1 pound orzo pasta
- 0.5 teaspoon salt
- 1 large tomatoes chopped

4 servings tsatsiki

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Equipment

grill

broiler

stove

grill pan

Directions

Combine all the ingredients except the orzo and the tomato in a shallow dish. Marinate in the refrigerator for 2 to 3 hours.

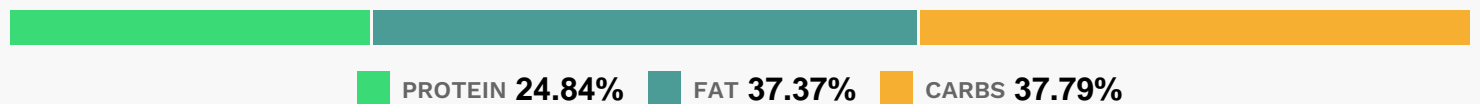
In a large stove-top grill pan or in the broiler, grill the rib chops 2 to 3 minutes per side for medium rare, 4 to 5 minutes for medium to medium well. (For loin chops, grill 5 to 6 minutes for medium rare, 7 to 8 minutes for medium to medium well.)

Meanwhile, prepare the orzo according to the package instructions for 4 servings.

Add the tomato, stir, and season to taste with salt.

Serve hot with the chops, accompanied by the Tsatsiki.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:35.45, Inflammation Score:-10, Nutrition Score:38.286521787229%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 993.9kcal (49.7%), Fat: 41.01g (63.09%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 86.5g (31.45%), Sugar: 5.68g (6.31%), Cholesterol: 149.69mg (49.9%), Sodium: 465.15mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.33g (122.67%), Selenium: 122.58µg (175.11%), Vitamin B12: 5.4µg (89.96%), Vitamin B3: 15.73mg (78.64%), Zinc: 10.4mg (69.31%), Manganese: 1.3mg (65.19%), Phosphorus: 648.28mg (64.83%), Vitamin C: 34.91mg (42.32%), Iron: 6.74mg (37.47%), Magnesium: 133.1mg (33.27%), Vitamin B2: 0.55mg (32.62%), Copper: 0.64mg (32.2%), Vitamin B6: 0.63mg (31.5%), Potassium: 1069.64mg (30.56%), Vitamin K: 30.29µg (28.85%), Vitamin B1: 0.42mg (27.81%), Fiber: 6.78g (27.12%), Vitamin E: 3.93mg (26.21%), Folate: 86.75µg (21.69%), Vitamin B5: 2.13mg (21.31%), Calcium: 110.46mg (11.05%), Vitamin A: 434.1IU (8.68%)