



WHATSheATE



HEALTH SCORE

60%

Harissa Lamb with Lemon Mint Chickpea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound bottom roast



29 oz chickpeas drained and rinsed canned (garbanzos)



0.7 cup mint leaves fresh



1 large garlic clove minced



0.3 cup harissa



0.5 teaspoon kosher salt



2 tablespoons juice of lemon fresh

- ☐ 1 peel from lemon thinly sliced (use a vegetable peeler)
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 0.3 cup onion red thinly sliced

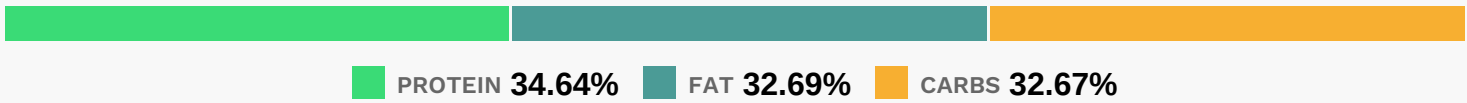
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a small bowl, combine harissa, garlic, and 1/4 cup oil; set some aside for serving.
- ☐ Cut lamb into 4 pieces, then brush 2 tbsp. of paste over each. Grill lamb, turning and brushing with a little more paste as you go, until done the way you like, about 10 minutes for medium-rare.
- ☐ Let rest 10 minutes, then slice.
- ☐ For salad, mix together chickpeas, mint, lemon peel, juice, salt, onion, and remaining 1/4 cup oil.
- ☐ Serve lamb slices over or mixed into bean salad, with reserved harissa sauce on the side.
- ☐ *Buy harissa, a North African chile-and-spice paste, in the international section of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:7.81, Inflammation Score:-7, Nutrition Score:28.021304213482%

Flavonoids

Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin:
2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 415.78kcal (20.79%), Fat: 15.19g (23.37%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 34.16g (11.39%),
Net Carbohydrates: 23.74g (8.63%), Sugar: 2.95g (3.28%), Cholesterol: 70.31mg (23.44%), Sodium: 1157.34mg
(50.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.45%), Manganese: 1.81mg (90.62%),
Vitamin B6: 1.78mg (88.85%), Selenium: 35.88µg (51.26%), Phosphorus: 427.41mg (42.74%), Zinc: 6.28mg (41.87%),
Vitamin B3: 8.36mg (41.8%), Fiber: 10.42g (41.68%), Vitamin B12: 2.1µg (34.96%), Iron: 5.47mg (30.37%), Copper:
0.48mg (24.07%), Potassium: 816.31mg (23.32%), Magnesium: 92.63mg (23.16%), Folate: 79.83µg (19.96%), Vitamin
B2: 0.25mg (14.71%), Vitamin C: 11.13mg (13.49%), Vitamin B1: 0.2mg (13.44%), Calcium: 121.47mg (12.15%), Vitamin
B5: 1.17mg (11.66%), Vitamin E: 1.46mg (9.75%), Vitamin A: 466.92IU (9.34%), Vitamin K: 5.55µg (5.29%)