



Harissa-Spiced Lamb Chops



Gluten Free



Low Fod Map

READY IN



4500 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sprigs thyme sprigs fresh
- ☐ 6 servings ground cumin for sprinkling
- ☐ 2 tablespoons harissa
- ☐ 6 lamb rib chops
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted

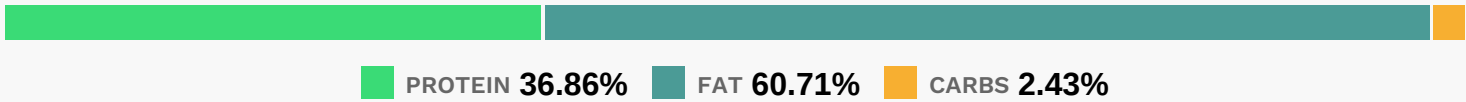
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Pat chops dry and coat on all sides with harissa.
- ☐ Transfer to a glass or ceramic dish and marinate, covered and chilled, 2 hours.
- ☐ Sprinkle chops with salt.
- ☐ Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then brown chops on all sides, 7 to 8 minutes total.
- ☐ Add butter and thyme and continue to cook, turning chops frequently with tongs and basting occasionally, until thermometer inserted between ribs to center of a chop (do not touch bone) registers 120 to 125°F for medium-rare, 15 to 18 minutes more.
- ☐ Transfer chops to a cutting board and let stand, uncovered, 10 minutes.
- ☐ Serve with ground cumin for sprinkling.
- ☐ Harissa-coated lamb chops can be marinated up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:11.849565281816%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 16.79g (25.83%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.69g (0.77%), Cholesterol: 84.61mg (28.2%), Sodium: 538.21mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin B12: 2.7µg (44.96%), Selenium: 25.35µg (36.22%), Vitamin B3: 6.79mg (33.95%), Zinc: 4.36mg (29.07%), Phosphorus: 213.59mg (21.36%), Iron:

2.67mg (14.81%), Vitamin B2: 0.24mg (13.88%), Vitamin B1: 0.15mg (9.78%), Vitamin B6: 0.19mg (9.72%), Potassium: 339.08mg (9.69%), Magnesium: 33.15mg (8.29%), Vitamin B5: 0.74mg (7.41%), Copper: 0.14mg (7.17%), Folate: 24.57µg (6.14%), Vitamin E: 0.79mg (5.26%), Vitamin A: 179.16IU (3.58%), Manganese: 0.07mg (3.37%), Calcium: 26.6mg (2.66%), Vitamin K: 2.05µg (1.95%), Vitamin C: 1.41mg (1.71%), Fiber: 0.27g (1.09%)