



Honey-Curry Glazed Lamb with Roasted Grapes and Cranberries



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon curry powder red
- ☐ 6 servings grapes
- ☐ 2 tablespoons honey
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 rib lamb rib chops trimmed (2 1/2 lb. each)
- ☐ 5 tablespoons olive oil
- ☐ 1.5 teaspoons pepper freshly ground

☐ 6 servings sorrel leaves fresh

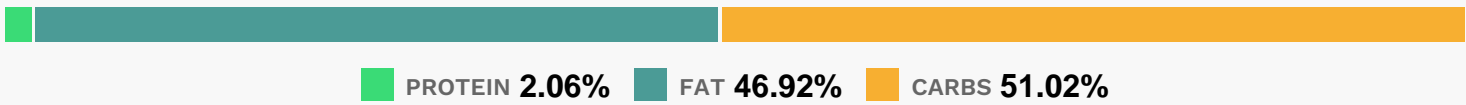
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Sprinkle lamb on all sides with curry powder, salt, and pepper.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, prepare Roasted Grapes and Cranberries as directed.
- ☐ Cook lamb in 1 Tbsp. hot oil in a 12-inch cast-iron skillet over medium heat 6 to 7 minutes, turning often to brown tops and sides.
- ☐ Place lamb, meat sides up, in skillet. Stir together honey and remaining 4 Tbsp. olive oil; brush mixture on tops and sides of lamb.
- ☐ Bake at 425 for 15 to 18 minutes or until a meat thermometer inserted into thickest portion registers 13
- ☐ Remove lamb from oven; let stand 10 minutes.
- ☐ Cut into chops, and serve with Roasted Grapes and Cranberries.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.55, Glycemic Load:13.05, Inflammation Score:-2, Nutrition Score:5.1526087107866%

Flavonoids

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

Nutrients (% of daily need)

Calories: 216.66kcal (10.83%), Fat: 12.06g (18.55%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.88g (10.14%), Sugar: 25.31g (28.12%), Cholesterol: 0.22mg (0.07%), Sodium: 585.3mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin K: 27.24µg (25.94%), Vitamin E: 2.15mg (14.3%), Manganese: 0.2mg (10.16%), Copper: 0.18mg (8.91%), Potassium: 267.49mg (7.64%), Fiber: 1.61g (6.46%), Vitamin B6: 0.12mg (6.18%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 4.66mg (5.65%), Vitamin B2: 0.1mg (5.6%), Iron: 0.93mg (5.15%), Magnesium: 13.48mg (3.37%), Phosphorus: 30.36mg (3.04%), Vitamin A: 119.75IU (2.4%), Calcium: 20.53mg (2.05%), Vitamin B3: 0.31mg (1.53%), Folate: 5.86µg (1.46%), Zinc: 0.16mg (1.09%)