

food
network



100%

Hunka Hunka Burnin' Love Lamb Chops



Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



3124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs
- ☐ 1 cup yukon creamer potatoes quartered
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 6 ounce lamb chops cleaned
- ☐ 2 cups mustard your favorite recommended: Pecorino Mustard
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon olive oil

- ☐ 1 serving bell pepper
- ☐ 1 teaspoon pepper
- ☐ 0.3 cup artichoke pesto find at specialty shop
- ☐ 1 bell pepper red
- ☐ 1 serving salt
- ☐ 1 teaspoon salt
- ☐ 2 scallions sliced chopped for garnish
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

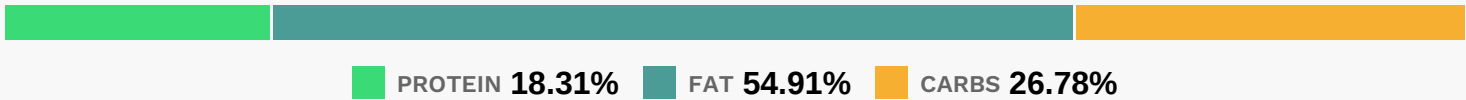
Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Rub the rack of lamb with mustard and coat with bread crumbs. In a medium saute pan, heat 1/2 cup of olive oil on medium high heat. Sear the lamb on both sides until golden brown.
- ☐ Place in the oven for about 8 to 10 minutes. When the lamb is cooked to desired doneness, let rest for 10 minutes. Slice the lamb into 1-bone chops.
- ☐ Lay them against the potato salad with the bones up. Spoon the coulis around the plate and add the sliced scallions for garnish.
- ☐ Preheat oven to 400 degrees F.
- ☐ Toss the potatoes in the olive oil, season with the salt, freshly ground black pepper and the thyme.
- ☐ Place on a baking sheet and bake for 20 to 25 minutes. Pull the potatoes from the oven when they are golden brown, and let cool. In a small bowl, toss the potatoes with the pesto and

chopped scallions. Season with salt and freshly ground black pepper to taste. Spoon onto a warm serving plate.

- ☐ Preheat the oven to 400 degrees F.
- ☐ Rub the pepper with 1 tablespoon of the olive oil.
- ☐ Place on a baking sheet or in an ovenproof skillet and place in the oven. Roast until the skin is evenly charred, about 20 to 30 minutes, turning every 10 minutes.
- ☐ Remove from the oven and place in a bowl. Cover the bowl with plastic wrap and let the pepper sit until cool enough to handle, 15 minutes. When pepper is cooled, peel and remove the stem and seeds.
- ☐ Place the pepper flesh in a blender.
- ☐ Add the remaining olive oil and water and puree until smooth. Season, to taste, with salt and pepper.
- ☐ Add more water or olive oil if the coulis is not the right consistency.

Nutrition Facts



Properties

Glycemic Index:283.75, Glycemic Load:24.28, Inflammation Score:-10, Nutrition Score:83.358695735102%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 3124.34kcal (156.22%), Fat: 190.54g (293.13%), Saturated Fat: 58.14g (363.39%), Carbohydrates: 209.1g (69.7%), Net Carbohydrates: 189.61g (68.95%), Sugar: 26.7g (29.67%), Cholesterol: 341.64mg (113.88%), Sodium: 7203.71mg (313.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 142.94g (285.89%), Vitamin C: 284.94mg (345.39%), Calcium: 2711.47mg (271.15%), Phosphorus: 2385.16mg (238.52%), Vitamin B1: 2.61mg (173.86%), Vitamin A: 8486.65IU (169.73%), Vitamin B2: 2.49mg (146.53%), Selenium: 100.67µg (143.82%), Manganese: 2.83mg (141.42%), Vitamin B3: 26.81mg (134.06%), Vitamin K: 137.88µg (131.31%), Vitamin B12: 7.83µg (130.42%), Zinc: 17.26mg (115.06%), Vitamin E: 16.76mg (111.74%), Iron: 19.51mg (108.39%), Vitamin B6: 2.16mg (108.04%), Folate: 374.73µg (93.68%), Fiber: 19.49g (77.94%), Magnesium: 283.6mg (70.9%), Potassium: 2277.47mg (65.07%), Copper: 1.13mg (56.48%), Vitamin B5: 4.65mg (46.51%), Vitamin D: 1µg (6.67%)