



## Lamb and Orange-Herb Gremolata Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



1431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ciabatta bread
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 2 teaspoons garlic clove minced
- ☐ 4 servings pepper black freshly ground
- ☐ 2 to lamb shoulder blade chops boneless
- ☐ 6 tablespoons olive oil
- ☐ 2 tablespoons orange zest finely grated

- ☐ 2 tablespoons oregano fresh minced
- ☐ 3 ounces optional – few of cheese – we use sheep's milk firm thinly sliced (such as Pyrenees Basque)
- ☐ 4 teaspoons spicy brown mustard

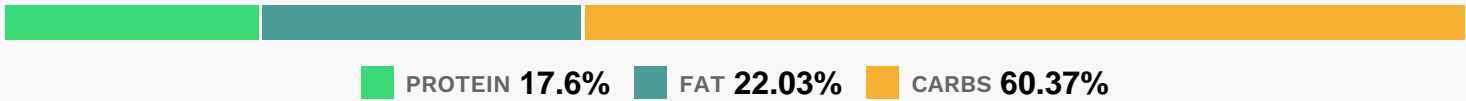
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ microwave
- ☐ cutting board

## Directions

- ☐ Combine 5 tablespoons olive oil and garlic in small bowl. Microwave for 45 seconds. Stir in zest, oregano, rosemary, and thyme. Season with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in large skillet over medium high heat until just beginning to smoke. Season lamb with salt and pepper. Cook lamb, flipping occasionally, until well browned and an instant read thermometer inserted into the center registers 125°F for medium rare.
- ☐ Transfer to cutting board and let rest 5 minutes. Slice thinly on a bias into 1/4-inch thick slices.
- ☐ Adjust oven rack to uppermost position and preheat oven to high broil.
- ☐ Place ciabatta directly on oven rack and broil just until golden, about 1 minute.
- ☐ Transfer to cutting board.
- ☐ Brush slices with mustard and top with cheese. Top cheese with lamb and herb/zest mixture.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:17.064347725847%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1431.44kcal (71.57%), Fat: 34.96g (53.79%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 215.52g (71.84%), Net Carbohydrates: 208.71g (75.89%), Sugar: 0.19g (0.21%), Cholesterol: 83.23mg (27.74%), Sodium: 2553.95mg (111.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.83g (125.66%), Vitamin B12: 2.77µg (46.21%), Zinc: 4.7mg (31.35%), Vitamin B2: 0.52mg (30.8%), Vitamin K: 28.83µg (27.46%), Fiber: 6.81g (27.25%), Phosphorus: 264.52mg (26.45%), Vitamin B6: 0.5mg (24.85%), Vitamin B3: 4.75mg (23.74%), Vitamin E: 3.55mg (23.64%), Selenium: 13.42µg (19.17%), Iron: 3.4mg (18.88%), Calcium: 171.56mg (17.16%), Manganese: 0.22mg (11.14%), Vitamin B1: 0.16mg (10.41%), Vitamin B5: 1.03mg (10.26%), Potassium: 343.33mg (9.81%), Magnesium: 36.12mg (9.03%), Copper: 0.17mg (8.64%), Vitamin C: 6.34mg (7.68%), Vitamin A: 211.21IU (4.22%), Folate: 15.04µg (3.76%)