



Lamb Blade Chops with Olive Parsley Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup flat-leaf parsley leaves coarsely chopped
- ☐ 2 garlic cloves finely minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 lamb blade chops thick
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 0.8 cup briny olives green pitted coarsely chopped

☐ 4 teaspoons simple preserved lemons minced

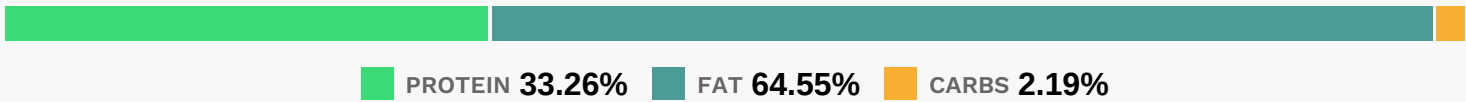
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare a grill for direct medium-high heat (450; you can hold your hand 5 in. above cooking grate only 4 to 5 seconds). Trim any hard fat from the outside of each lamb chop and season on both sides with salt and pepper. In a small bowl, mix 2 tbsp. oil, the lemon zest, and garlic; slather mixture on both sides of chops.
- ☐ In another small bowl, stir together olives, parsley, preserved lemon, and remaining 4 tbsp. oil.
- ☐ Grill chops 4 minutes, then flip and grill an additional 2 to 3 minutes for medium-rare.
- ☐ Transfer to a clean plate, tent with foil, and let rest 5 minutes.
- ☐ Serve each chop topped with a spoonful of olive parsley salad, and roasted or grilled potatoes if you like.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:27.176521798839%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 516.71kcal (25.84%), Fat: 36.82g (56.65%), Saturated Fat: 8.22g (51.38%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.46g (0.51%), Cholesterol: 128.6mg (42.87%), Sodium: 794.57mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.38%), Vitamin K: 259.43µg (247.08%),

Vitamin B12: 4.83µg (80.44%), Zinc: 8.08mg (53.84%), Vitamin B3: 8.93mg (44.67%), Vitamin B2: 0.65mg (38.5%), Phosphorus: 371.04mg (37.1%), Vitamin B6: 0.74mg (36.88%), Iron: 4.98mg (27.67%), Vitamin E: 4.11mg (27.37%), Vitamin A: 1364.83IU (27.3%), Vitamin C: 21.06mg (25.53%), Selenium: 16.81µg (24.02%), Potassium: 639.74mg (18.28%), Copper: 0.32mg (16.15%), Vitamin B5: 1.58mg (15.78%), Vitamin B1: 0.23mg (15.07%), Magnesium: 50.51mg (12.63%), Fiber: 1.71g (6.84%), Folate: 23.71µg (5.93%), Calcium: 58.41mg (5.84%), Manganese: 0.1mg (5.22%)