



Lamb Chops and Cilantro Relish



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 pound french-cut lamb rack of trimmed (8 ribs)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 cup onion finely chopped

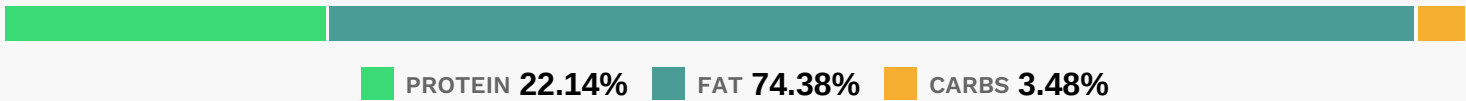
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients.
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle lamb with 1/4 teaspoon salt and black pepper.
- ☐ Add lamb to pan; cook 2 minutes on each side.
- ☐ Spread oil mixture over lamb; place pan in oven.
- ☐ Bake at 400 for 15 minutes or until a thermometer registers 13
- ☐ Remove lamb from pan; let stand 8 minutes.
- ☐ Cut into chops.
- ☐ Heat a skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and jalapeo; saut 5 minutes.
- ☐ Combine onion mixture, cilantro, and the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:17.79391283056%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 525.62kcal (26.28%), Fat: 42.93g (66.05%), Saturated Fat: 17.77g (111.08%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.56g (1.3%), Sugar: 1.97g (2.19%), Cholesterol: 124.17mg (41.39%), Sodium: 249.13mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.51%), Vitamin B12: 3.93µg (65.49%), Vitamin B3: 10.27mg (51.37%), Selenium: 32.24µg (46.05%), Zinc: 5.9mg (39.32%), Phosphorus: 282.15mg (28.22%), Vitamin B2: 0.38mg (22.16%), Vitamin K: 18.25µg (17.38%), Iron: 2.9mg (16.11%), Vitamin B6: 0.29mg (14.57%), Vitamin B1: 0.21mg (14.06%), Potassium: 468.54mg (13.39%), Vitamin B5: 1.19mg (11.9%), Vitamin C: 9.7mg (11.76%), Magnesium: 41.96mg (10.49%), Folate: 41.84µg (10.46%), Copper: 0.2mg (9.97%), Vitamin E: 0.99mg (6.61%), Manganese: 0.12mg (6.05%), Vitamin A: 243.59IU (4.87%), Calcium: 41.24mg (4.12%), Fiber: 0.94g (3.78%), Vitamin D: 0.17µg (1.13%)