



Lamb Chops and Early Spring Salad and Mashed Garlic-Mint Peas-n-Potatoes



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1548 kcal

SIDE DISH

Ingredients

- ☐ 3 cloves garlic
- ☐ 4 servings coarse salt
- ☐ 1 bulb fennel thinly sliced quartered
- ☐ 1 cup flat-leaf parsley generous divided
- ☐ 0.5 cup garlic and herb black soft peppercorn flavored (recommended: Boursin or Alouette brand)
- ☐ 4 servings ground pepper black
- ☐ 2.5 pounds idaho potatoes cubed peeled (3 large)

- ☐ 3 juice of lemon juiced
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup milk hot
- ☐ 0.8 cup mint leaves generous divided
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 spoonful orange marmalade
- ☐ 1 cup peas green frozen
- ☐ 2 small lamb loins racks of cut into chops
- ☐ 1 head radicchio thinly shredded
- ☐ 6 radishes thinly sliced
- ☐ 4 celery ribs from the heart with leafy greens, chopped
- ☐ 0.3 pound pecorino crumbled
- ☐ 1 heart romaine shredded
- ☐ 6 scallions chopped

Equipment

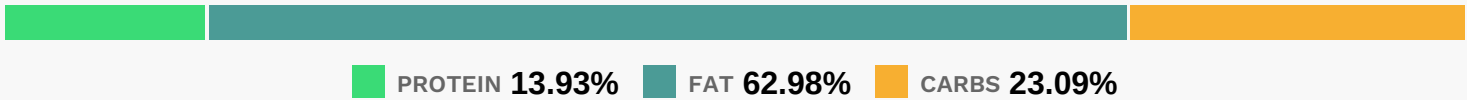
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Place potatoes in a pot, cover with water, bring to a boil and cook until tender in salted water, 15 minutes.
- ☐ Preheat broiler to high.
- ☐ Arrange the chops on a slotted broiler pan and season with salt and pepper on both sides. Finely chop garlic with a handful each of the parsley and mint, then reserve.

- ☐ Combine salad of fennel, coarsely chopped remaining mint and parsley leaves, radishes, scallions, celery, romaine, radicchio and ricotta salata, in large bowl.
- ☐ Combine the lemon zest, lemon juice and marmalade.
- ☐ Whisk in the olive oil and pour dressing over salad. Toss and season with salt and pepper, to taste.
- ☐ When potatoes are just about ready, broil lamb chops 2 minutes on each side for rare, up to 4 minutes on each side for well doneness.
- ☐ Drain potatoes and transfer back to the hot pot to dry.
- ☐ Add peas, milk and soft cheese then mash to desired consistency.
- ☐ Add in reserved garlic and mint mixture and salt and pepper, to taste.
- ☐ Serve chops alongside piles of salad and potatoes.

Nutrition Facts



Properties

Glycemic Index:115.27, Glycemic Load:47.73, Inflammation Score:-10, Nutrition Score:63.385217630345%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg Luteolin: 27.88mg, Luteolin: 27.88mg, Luteolin: 27.88mg, Luteolin: 27.88mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 24.45mg, Quercetin: 24.45mg, Quercetin: 24.45mg, Quercetin: 24.45mg

Nutrients (% of daily need)

Calories: 1548.31kcal (77.42%), Fat: 110.71g (170.33%), Saturated Fat: 44.2g (276.26%), Carbohydrates: 91.31g (30.44%), Net Carbohydrates: 73.5g (26.73%), Sugar: 9.11g (10.13%), Cholesterol: 209.74mg (69.91%), Sodium: 459.2mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.11g (110.22%), Vitamin K: 580.93µg (553.26%), Manganese: 4.84mg (242.05%), Vitamin B3: 20.28mg (101.39%), Vitamin C: 80.65mg (97.76%), Vitamin B12: 5.4µg (89.97%), Potassium: 2908.49mg (83.1%), Vitamin B6: 1.58mg (78.93%), Selenium: 52.3µg (74.71%), Phosphorus: 745.46mg (74.55%), Fiber: 17.82g (71.27%), Iron: 12.16mg (67.54%), Copper: 1.34mg (67.04%), Zinc: 9.8mg (65.36%), Vitamin A: 3164.19IU (63.28%), Folate: 226.43µg (56.61%), Magnesium: 219.48mg (54.87%),

Vitamin B2: 0.87mg (50.98%), Vitamin B1: 0.69mg (45.74%), Calcium: 419.63mg (41.96%), Vitamin E: 5.66mg (37.74%), Vitamin B5: 3.48mg (34.83%), Vitamin D: 0.24µg (1.62%)