



Lamb Chops and Fresh Persimmon Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 2 fuyu persimmon pulp with a knife, cored, seeded if necessary, and cut into 1/4-inch dice peeled
- ☐ 1 small jalapeno fresh minced seeded
- ☐ 4 to lamb shoulder blade chops 1-inch-thick ()
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup onion sweet finely chopped

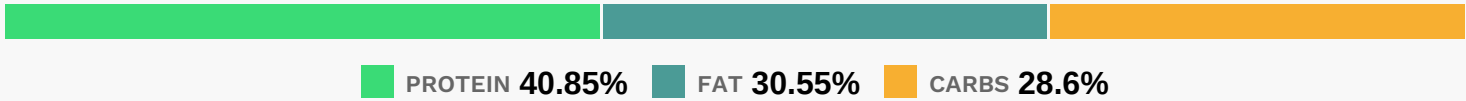
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Stir together persimmons, onion, ginger, jalapeño, lime juice, and salt and let stand at room temperature while cooking lamb chops.
- ☐ Pat chops dry and season with salt and pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook chops about 9 minutes on each side for medium-rare.
- ☐ Transfer chops with tongs to a cutting board or plate and let stand, loosely covered with foil, 3 minutes before serving.
- ☐ Serve lamb chops with persimmon chutney.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:14.12, Inflammation Score:-4, Nutrition Score:22.272174057753%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 415.29kcal (20.76%), Fat: 14.17g (21.8%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 29.61g (10.77%), Sugar: 0.78g (0.87%), Cholesterol: 128.6mg (42.87%), Sodium: 247.2mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.63g (85.26%), Vitamin B12: 4.83µg (80.44%), Vitamin C: 62.35mg (75.57%), Zinc: 7.91mg (52.72%), Vitamin B3: 8.73mg (43.67%), Phosphorus: 385.25mg (38.53%), Vitamin B2: 0.64mg (37.72%), Vitamin B6: 0.73mg (36.36%), Iron: 5.91mg (32.83%), Potassium: 827.48mg (23.64%), Selenium: 16.42µg (23.45%), Vitamin B5: 1.53mg (15.29%), Vitamin B1: 0.21mg (14.12%), Copper: 0.27mg (13.61%), Magnesium: 41.58mg (10.4%), Calcium: 46.01mg (4.6%), Vitamin E: 0.43mg (2.89%), Vitamin K: 1.93µg (1.84%), Manganese: 0.04mg (1.83%), Folate: 4.05µg (1.01%)