



Lamb Chops with Asian Pear and Kiwi Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons cranberries dried
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 3 tablespoons honey
- ☐ 3 large kiwi fruit diced peeled
- ☐ 8 lamb rib chops 1-inch-thick
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 small pears diced cored

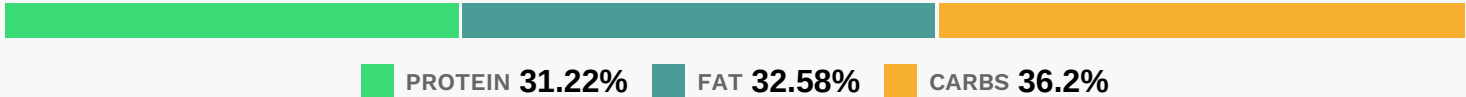
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Brush chops lightly on both sides with remaining 1 tablespoon honey; sprinkle with salt, pepper and remaining 1 tablespoon chopped fresh mint. Broil chops until cooked to desired doneness, about 5 minutes per side for medium-rare.
- ☐ Combine pears, kiwis, cranberries, onions and lemon juice in medium bowl; mix in 2 tablespoons honey and 2 tablespoons chopped mint. Season salsa to taste with salt and pepper.
- ☐ Let stand 30 minutes, tossing occasionally.
- ☐ Transfer 2 lamb chops to each plate. Spoon salsa alongside and serve.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:14.11, Inflammation Score:-7, Nutrition Score:31.269130354342%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg

0.79mg, Kaempferol: 0.79mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg
Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 587.16kcal (29.36%), Fat: 21.57g (33.19%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 53.95g (17.98%),
Net Carbohydrates: 47.9g (17.42%), Sugar: 42.95g (47.72%), Cholesterol: 149.16mg (49.72%), Sodium: 170.87mg
(7.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.51g (93.02%), Vitamin B12: 5.38µg (89.65%),
Selenium: 50.91µg (72.74%), Vitamin C: 59.56mg (72.19%), Vitamin B3: 13.93mg (69.65%), Zinc: 8.88mg (59.23%),
Phosphorus: 449.23mg (44.92%), Vitamin K: 45.41µg (43.25%), Vitamin B2: 0.52mg (30.39%), Potassium: 885.4mg
(25.3%), Iron: 4.51mg (25.08%), Fiber: 6.05g (24.2%), Vitamin B6: 0.45mg (22.46%), Copper: 0.44mg (22.08%),
Vitamin B1: 0.31mg (20.65%), Folate: 80.47µg (20.12%), Magnesium: 78.51mg (19.63%), Vitamin B5: 1.72mg (17.17%),
Manganese: 0.28mg (14.19%), Vitamin E: 1.92mg (12.82%), Calcium: 74.7mg (7.47%), Vitamin A: 299.94IU (6%)