



Lamb Chops with Caramelized Red Onion Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1032 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers
- 8 ounce israeli couscous
- 4 servings kosher salt and pepper
- 8 lamb loin chops thick ()
- 3 tablespoons olive oil
- 1 tablespoon oregano fresh roughly chopped
- 2 medium onions red cut into half-moons

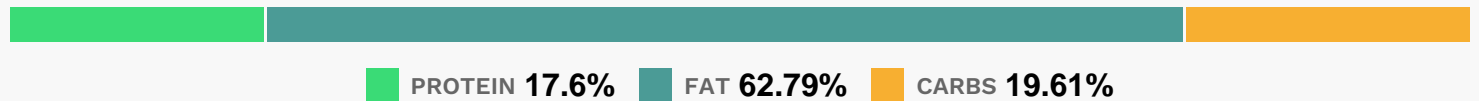
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400 F. Cook the couscous according to the package directions. Once cooked, stir in 1 tablespoon of the oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Season the lamb with 3/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat 1 tablespoon of the oil in a large skillet over medium-high heat and cook the lamb until browned, about 2 minutes per side.
- Transfer to a baking sheet and roast to the desired doneness, about 8 minutes for medium-rare. Wipe out the skillet and heat the remaining oil over medium heat.
- Add the onions and cook, stirring occasionally, until soft, about 8 minutes. Stir in the oregano, capers, and 1/4 teaspoon pepper. Divide the lamb and couscous among individual plates and serve with the onions. Note: Quick-cooking Israeli couscous looks like a grain but is really a pearl-shaped toasted pasta that goes well with roast chicken, fish, and meat. You can usually find it in the rice aisle at the supermarket.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:27.84, Inflammation Score:-8, Nutrition Score:26.294347742329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg

Nutrients (% of daily need)

Calories: 1032.38kcal (51.62%), Fat: 71.17g (109.5%), Saturated Fat: 28.14g (175.88%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 45.63g (16.59%), Sugar: 2.39g (2.66%), Cholesterol: 167.24mg (55.75%), Sodium: 384.12mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.88g (89.77%), Vitamin B3: 16.74mg (83.68%), Vitamin B12: 4.61µg (76.84%), Selenium: 43.07µg (61.53%), Phosphorus: 457.91mg (45.79%), Zinc: 6.32mg (42.15%), Vitamin B2: 0.54mg (31.94%), Manganese: 0.62mg (30.92%), Iron: 4.92mg (27.33%), Vitamin B1: 0.37mg (24.59%), Vitamin B5: 2.21mg (22.08%), Vitamin B6: 0.44mg (21.78%), Copper: 0.41mg (20.72%), Magnesium: 81.95mg (20.49%), Potassium: 674.76mg (19.28%), Fiber: 4.37g (17.46%), Folate: 63.63µg (15.91%), Vitamin E: 2.18mg (14.5%), Vitamin K: 14.8µg (14.1%), Calcium: 81.15mg (8.11%), Vitamin C: 4.18mg (5.07%)