



Lamb chops with coriander pesto



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp oil
- ☐ 6 lamb loin chops
- ☐ 50 g roasted peanuts
- ☐ 20 g pack coriander roughly chopped
- ☐ 1 garlic clove

Equipment

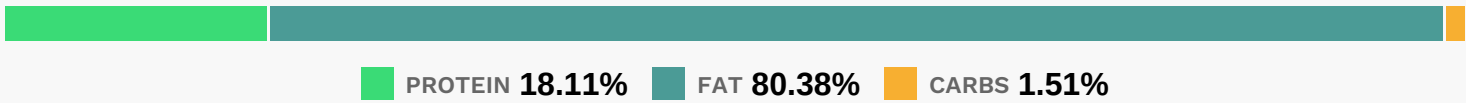
- ☐ blender
- ☐ grill

☐ mortar and pestle

Directions

- ☐ Rub a little oil onto each side of the lamb, then season to taste with salt and pepper. Grill, barbecue or fry over medium-high heat for 5 mins, then turn over and cook 5 mins more for medium; 7 mins more for well done.
- ☐ While the meat is cooking, whizz together the rest of the ingredients with the remaining oil in a blender or with a mortar and pestle, to a rough paste.
- ☐ Serve the chops with the pesto drizzled over.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:19.084347864856%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 692.91kcal (34.65%), Fat: 61.8g (95.07%), Saturated Fat: 21.65g (135.32%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.05g (0.06%), Cholesterol: 125.43mg (41.81%), Sodium: 151.47mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin B3: 12.89mg (64.47%), Vitamin B12: 3.46µg (57.63%), Selenium: 33.12µg (47.32%), Phosphorus: 309.56mg (30.96%), Zinc: 4.57mg (30.48%), Vitamin B2: 0.38mg (22.09%), Vitamin K: 23µg (21.9%), Manganese: 0.36mg (17.94%), Iron: 3.12mg (17.31%), Vitamin B1: 0.23mg (15.4%), Vitamin E: 2.27mg (15.12%), Magnesium: 58.08mg (14.52%), Potassium: 488.79mg (13.97%), Copper: 0.27mg (13.7%), Vitamin B6: 0.27mg (13.46%), Vitamin B5: 1.27mg (12.75%), Folate: 47.69µg (11.92%), Vitamin A: 337.47IU (6.75%), Fiber: 1.27g (5.07%), Calcium: 42.63mg (4.26%), Vitamin C: 1.58mg (1.92%)