



HEALTH SCORE

59%

Lamb Chops with Herbed-Feta Orzo



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup feta cheese crumbled
- ☐ 4 cloves garlic finely chopped
- ☐ 2 lb lamb loin chops trimmed of fat
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 6 oz soup noodles uncooked
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sun-dried tomatoes drained finely chopped in oil

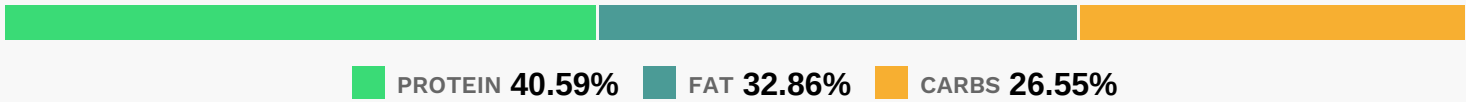
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Spray broiler pan with cooking spray.
- ☐ Cook pasta as directed on package, omitting salt and oil.
- ☐ Drain and place in medium bowl; cover to keep warm.
- ☐ Meanwhile, in small bowl, mix garlic, oregano and 1/4 teaspoon each of the salt and the pepper; rub over both sides of lamb chops.
- ☐ Place lamb chops on broiler pan. Broil 8 minutes, turning once, until of desired doneness.
- ☐ Add cheese, tomatoes, lemon juice, oil and remaining 1/4 teaspoon each salt and pepper to pasta; toss gently.
- ☐ Serve lamb chops with pasta.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:13.22, Inflammation Score:-9, Nutrition Score:30.493912928778%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 557.87kcal (27.89%), Fat: 19.93g (30.66%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.78g (12.28%), Sugar: 1.31g (1.46%), Cholesterol: 160.81mg (53.6%), Sodium: 610.57mg (26.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.39g (110.78%), Selenium: 83µg (118.56%), Vitamin B12: 5.22µg (87.06%), Vitamin B3: 15.96mg (79.82%), Phosphorus: 570.82mg (57.08%), Zinc: 8.33mg (55.51%), Vitamin B2: 0.69mg (40.7%), Iron: 5.72mg (31.76%), Manganese: 0.63mg (31.4%), Vitamin B6: 0.58mg (28.76%), Potassium: 879.29mg (25.12%), Vitamin B1: 0.38mg (25.07%), Magnesium: 96.92mg (24.23%), Copper: 0.47mg (23.66%), Vitamin B5: 1.87mg (18.74%), Folate: 71.63µg (17.91%), Calcium: 128.17mg (12.82%), Vitamin C: 9.94mg (12.05%), Fiber: 2.46g (9.83%), Vitamin K: 9.7µg (9.24%), Vitamin E: 1.03mg (6.85%), Vitamin A: 170.95IU (3.42%)