



Lamb Chops with Herbed Yogurt over Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.8 cup couscous uncooked
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon honey
- ☐ 4 ounce lamb loin chops trimmed

- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

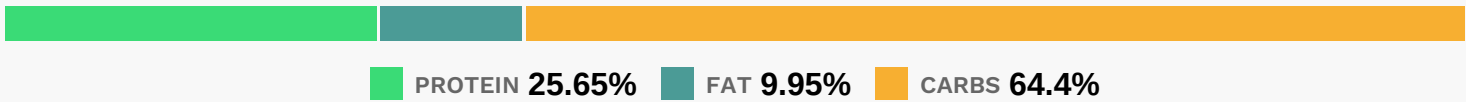
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Bring 1 cup of water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ While couscous stands, sprinkle lamb with salt and 1/8 teaspoon pepper.
- ☐ Place lamb on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness.
- ☐ While lamb cooks, combine 1/8 teaspoon pepper, yogurt, and remaining ingredients.
- ☐ Serve lamb over couscous with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:62.82, Glycemic Load:16.05, Inflammation Score:-3, Nutrition Score:7.495652185834%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 180.92kcal (9.05%), Fat: 1.96g (3.01%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 26.67g (9.7%), Sugar: 3.02g (3.35%), Cholesterol: 19.12mg (6.37%), Sodium: 332.95mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin K: 18.72µg (17.83%), Vitamin B3: 3.05mg (15.23%), Manganese: 0.3mg (15.05%), Phosphorus: 143.1mg (14.31%), Vitamin B12: 0.75µg (12.52%), Selenium: 7.45µg (10.64%), Zinc: 1.41mg (9.41%), Vitamin B2: 0.14mg (8.46%), Vitamin B5: 0.73mg (7.33%), Fiber: 1.8g (7.19%), Magnesium: 28.47mg (7.12%), Copper: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.78%), Calcium: 59.73mg (5.97%), Iron: 1.07mg (5.96%), Potassium: 200.91mg (5.74%), Vitamin B6: 0.1mg (4.94%), Folate: 19.08µg (4.77%), Vitamin A: 165.83IU (3.32%), Vitamin C: 2.01mg (2.44%)