



Lamb Chops With Lemony Bulgur



Dairy Free



Very Healthy

READY IN



31 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 1 cup bulgur uncooked
- ☐ 1 large carrots
- ☐ 14 ounce chicken broth fat-free reduced-sodium canned
- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 ounce french-cut lamb rib chops trimmed

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 0.3 cup red wine vinegar

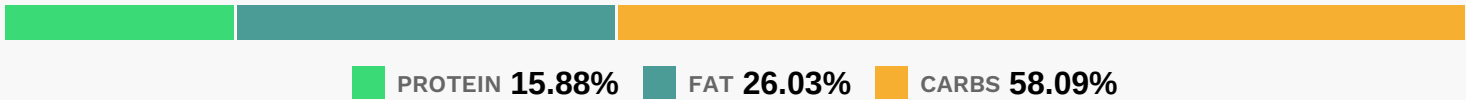
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place chops in a zip-top bag.
- ☐ Whisk together vinegar, 2 teaspoons oil, and mint.
- ☐ Pour over lamb, seal bag, and rub marinade around. Chill 20 minutes.
- ☐ In a 2-quart saucepan with a lid, bring the broth to a boil.
- ☐ Add bulgur, carrot, and salt, simmer 7 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes. Chop parsley and mix with lemon juice and remaining oil. Stir the parsley mixture into bulgur, fluff with a fork. Set aside.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add lamb to pan, discarding marinade. Cook 23 minutes per side.
- ☐ Sprinkle lamb evenly with pepper.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:10.31, Inflammation Score:-10, Nutrition Score:21.071739196777%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 32.39mg, Apigenin: 32.39mg, Apigenin: 32.39mg, Apigenin: 32.39mg Luteolin:

0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 204.46kcal (10.22%), Fat: 6.18g (9.5%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 23.22g (8.44%), Sugar: 1.56g (1.74%), Cholesterol: 9.36mg (3.12%), Sodium: 735.46mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin K: 253.09µg (241.03%), Vitamin A: 4333.08IU (86.66%), Manganese: 1.28mg (64.1%), Vitamin C: 25.84mg (31.32%), Fiber: 7.79g (31.16%), Magnesium: 75.59mg (18.9%), Vitamin B3: 3.59mg (17.97%), Phosphorus: 161.16mg (16.12%), Iron: 2.48mg (13.79%), Potassium: 389.45mg (11.13%), Folate: 43.48µg (10.87%), Vitamin B6: 0.2mg (10.22%), Copper: 0.2mg (10.16%), Zinc: 1.47mg (9.83%), Vitamin B1: 0.13mg (8.98%), Vitamin B12: 0.54µg (8.93%), Selenium: 6.24µg (8.92%), Vitamin B5: 0.72mg (7.19%), Vitamin B2: 0.12mg (7.14%), Vitamin E: 0.88mg (5.88%), Calcium: 53.82mg (5.38%)