



Lamb Chops with Mint Almond Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



26 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1.5 cups mint leaves fresh packed
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt
- ☐ 12 lamb rib chops
- ☐ 0.3 cup olive oil extra-virgin plus more for grilling
- ☐ 4 servings freshly cracked pepper black
- ☐ 2 tablespoons water

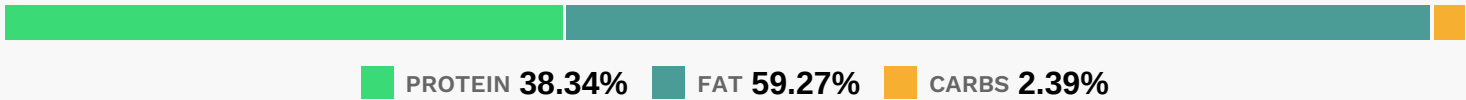
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the mint, almonds, zest, and a pinch of salt in the bowl of a food processor. Pulse until finely chopped. With the motor running, add the lemon juice and slowly drizzle in the oil until thick and smooth.
- ☐ Add about 2 tablespoons water until a thick but spreadable paste forms; continue adding water until desired consistency. Taste pesto and season with additional salt and pepper, to taste.
- ☐ Preheat a grill pan over medium-high heat. Generously drizzle the lamb chops with oil and season well with salt and pepper. Grill, turning once, 2 to 3 minutes per side for medium-rare; remove to a serving platter and let rest for 5 minutes before serving.
- ☐ Serve the grilled chops with mint pesto drizzled over the top.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:35.861304428266%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 5.6mg, Eriodictyol: 5.6mg, Eriodictyol: 5.6mg, Eriodictyol: 5.6mg Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 2.15mg, Luteolin:

2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 739.26kcal (36.96%), Fat: 47.84g (73.6%), Saturated Fat: 13.31g (83.22%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.44g (0.49%), Cholesterol: 223.74mg (74.58%), Sodium: 443.9mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.62g (139.24%), Vitamin B12: 8.07µg (134.47%), Selenium: 75.85µg (108.35%), Vitamin B3: 20.47mg (102.36%), Zinc: 13.25mg (88.37%), Phosphorus: 654.32mg (65.43%), Vitamin B2: 0.79mg (46.46%), Iron: 6.82mg (37.92%), Potassium: 1045.75mg (29.88%), Vitamin B1: 0.43mg (28.96%), Vitamin B6: 0.58mg (28.79%), Magnesium: 114.48mg (28.62%), Vitamin E: 4.07mg (27.15%), Copper: 0.49mg (24.75%), Folate: 94.47µg (23.62%), Vitamin B5: 2.3mg (22.99%), Manganese: 0.43mg (21.27%), Vitamin A: 717.9IU (14.36%), Vitamin C: 8.27mg (10.02%), Calcium: 98.53mg (9.85%), Fiber: 2.12g (8.47%), Vitamin K: 8.29µg (7.9%)