

health-score 62%

HEALTH SCORE

Lamb Chops with Mint and Mustard Dipping Sauce

 Gluten Free  Dairy Free  Very Healthy

READY IN

ready

26 min.

SERVINGS

servings

4

CALORIES

calories

947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic smashed
- ☐ 1 tablespoon honey good
- ☐ 12 loin lamb chops
- ☐ 4 leaves radicchio lettuce
- ☐ 0.3 cup mint leaves for garnish
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper

- ☐ 3 tablespoons grain mustard prepared
- ☐ 2 tablespoons citrus champagne vinegar

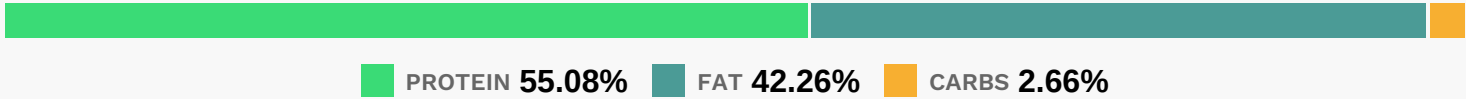
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Place garlic in a small saucepan and add 2/3 cup oil, to cover.
- ☐ Heat oil and garlic over low heat for 5 minutes.
- ☐ Remove oil from heat. Arrange lamb chops on broiler pan.
- ☐ Drizzle 3 teaspoonfuls of the garlic oil over the lamb and spread the oil over the chops with a brush to coat evenly. Season chops with salt and pepper, to taste. Set aside.
- ☐ To a food processor or blender, add mustard, vinegar, honey. Turn processor or blender on and stream in remaining garlic and oil. Turn the processor or blender off and add mint to the container. Pulse and grind the dipping sauce to incorporate the leaves.
- ☐ Broil chops 3 minutes on each side, then let them rest up to 10 minutes for the juices to distribute. The lamb will be cooked to medium.
- ☐ Serve 3 chops per person with dipping sauce portioned in radicchio leaves along side the chops.
- ☐ Garnish with sprigs of mint. Tabbouleh stuffed tomatoes and white beans with thyme make wonderful side dishes. See recipes below.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:2.48, Inflammation Score:-4, Nutrition Score:43.067826265874%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 946.55kcal (47.33%), Fat: 43.03g (66.2%), Saturated Fat: 15.37g (96.06%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.25g (1.91%), Sugar: 4.64g (5.16%), Cholesterol: 385.82mg (128.6%), Sodium: 619.99mg (26.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 126.18g (252.36%), Vitamin B12: 14.48µg (241.32%), Zinc: 23.8mg (158.63%), Vitamin B3: 26.12mg (130.62%), Vitamin B2: 1.93mg (113.35%), Phosphorus: 1094.65mg (109.47%), Vitamin B6: 2.12mg (106.13%), Selenium: 53.11µg (75.87%), Iron: 11.73mg (65.19%), Potassium: 1662.75mg (47.51%), Vitamin B5: 4.56mg (45.57%), Vitamin B1: 0.64mg (42.84%), Copper: 0.81mg (40.61%), Magnesium: 127.01mg (31.75%), Manganese: 0.19mg (9.57%), Calcium: 78.04mg (7.8%), Vitamin E: 1.09mg (7.28%), Vitamin K: 6.46µg (6.15%), Fiber: 0.85g (3.39%), Vitamin A: 167.76IU (3.36%), Vitamin C: 1.7mg (2.05%), Folate: 6.46µg (1.62%)