



Lamb Chops with Minted Yogurt Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon salt divided

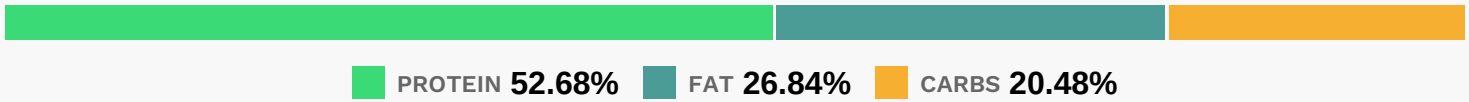
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine yogurt and next 3 ingredients. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper. Chill.
- ☐ Sprinkle lamb evenly with remaining 3/8 teaspoon each salt and pepper.
- ☐ Place lamb on grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with yogurt sauce.
- ☐ Serve with: Couscous Salad

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:4.5960869568845%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 1.77g (2.72%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.39g (2.66%), Cholesterol: 19.32mg (6.44%), Sodium: 334.12mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin B12: 0.81µg (13.56%), Selenium: 7.91µg (11.31%), Phosphorus: 104.5mg (10.45%), Vitamin B3: 1.91mg (9.57%), Vitamin B2: 0.14mg (8.33%), Zinc: 1.23mg (8.19%), Calcium: 70.1mg (7.01%), Potassium: 171.13mg (4.89%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.08mg (3.83%), Magnesium: 15.17mg (3.79%), Iron: 0.67mg (3.74%), Vitamin B1: 0.05mg (3.64%), Manganese: 0.07mg (3.42%), Folate: 12.22µg (3.05%), Copper: 0.05mg (2.55%), Vitamin C: 1.39mg (1.69%), Vitamin A: 56.75IU (1.14%)