



## Lamb Chops with Olive Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 1 cup couscous uncooked
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 tablespoon oregano dried
- ☐ 0.5 teaspoon salt

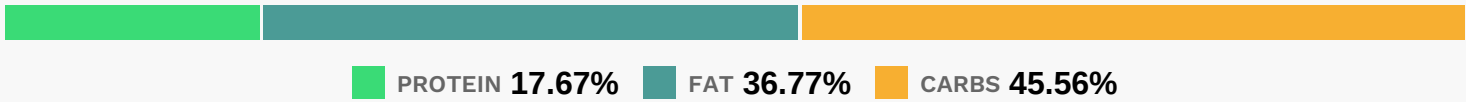
## Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

## Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients.
- ☐ Sprinkle lamb with salt; rub with 1 tablespoon oil mixture.
- ☐ Place on a broiler pan coated with cooking spray. Broil 4 minutes on each side or until done.
- ☐ While lamb cooks, heat a medium saucepan over medium-high heat.
- ☐ Add remaining oil mixture; cook 20 seconds, stirring constantly. Stir in broth; bring to a boil. Stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Stir in tomatoes, olives, and cheese.
- ☐ Serve couscous mixture with lamb.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:20.75, Inflammation Score:-8, Nutrition Score:11.303913068512%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 325.68kcal (16.28%), Fat: 13.26g (20.39%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 33.75g (12.27%), Sugar: 0.73g (0.81%), Cholesterol: 30.06mg (10.02%), Sodium: 1000.02mg (43.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Manganese: 0.51mg (25.54%), Vitamin B3: 4.23mg (21.15%), Phosphorus: 192.51mg (19.25%), Vitamin B12: 1.04µg (17.34%), Selenium: 11.34µg (16.21%), Vitamin B2: 0.24mg (14.21%), Fiber: 3.21g (12.85%), Vitamin K: 13.3µg (12.67%), Zinc: 1.74mg (11.62%), Vitamin E: 1.74mg (11.62%), Calcium: 112.44mg (11.24%), Vitamin B6: 0.22mg (11.14%), Iron: 1.96mg (10.9%), Copper: 0.21mg (10.42%), Vitamin B5: 1.02mg (10.21%), Vitamin B1: 0.15mg (9.96%), Magnesium: 37.08mg (9.27%), Potassium: 260.08mg (7.43%), Folate: 26.27µg (6.57%), Vitamin C: 4.98mg (6.03%), Vitamin A: 200.87IU (4.02%)