



Lamb Chops with Pistachio-Parsley Topping



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 ounce lamb loin chops trimmed

- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons pistachios finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt

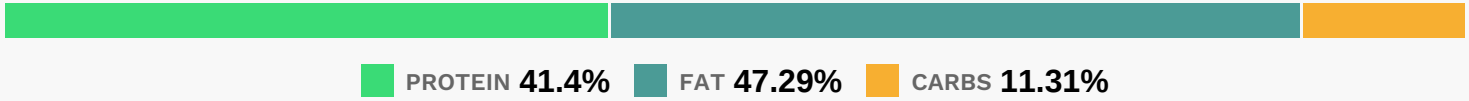
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Combine first 5 ingredients; sprinkle evenly over both sides of lamb. Coat pan with cooking spray.
- ☐ Add lamb to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ While lamb cooks, combine pistachios and the remaining ingredients; sprinkle over lamb.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:5.944782645806%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 65.72kcal (3.29%), Fat: 3.49g (5.37%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.36g (0.4%), Cholesterol: 18.71mg (6.24%), Sodium: 384.52mg (16.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin K: 33.36µg (31.77%), Vitamin B12: 0.63µg (10.44%), Selenium: 7.12µg (10.18%), Vitamin B3: 1.95mg (9.74%), Phosphorus: 76.71mg (7.67%), Zinc: 1.04mg (6.94%), Vitamin B6: 0.13mg (6.32%), Iron: 1.04mg (5.79%), Vitamin C: 4.47mg (5.42%), Manganese: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.03%), Copper: 0.1mg (4.85%), Vitamin B2: 0.08mg (4.49%), Potassium: 140.95mg (4.03%), Vitamin A: 195.4IU (3.91%), Magnesium: 15.14mg (3.79%), Folate: 12.02µg (3.01%), Fiber: 0.72g (2.88%), Vitamin B5: 0.22mg (2.25%), Calcium: 17.48mg (1.75%), Vitamin E: 0.17mg (1.15%)