



# Lamb Chops with Pomegranate Sauce and Saffron Pilaf

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

444 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.8 cups chicken stock see
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 bay leaf fresh
- ☐ 2 large garlic cloves chopped
- ☐ 12 rib lamb chops
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.3 cup orzo pasta
- ☐ 6 peppercorns
- ☐ 1 large to 2 pomegranates store-bought
- ☐ 0.5 cup red wine
- ☐ 2 pinches saffron threads
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound farm spinach washed and dried available in bundles rather than bags in produce section
- ☐ 1 cup rice white
- ☐ 2 tablespoons worcestershire sauce

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ broiler
- ☐ broiler pan

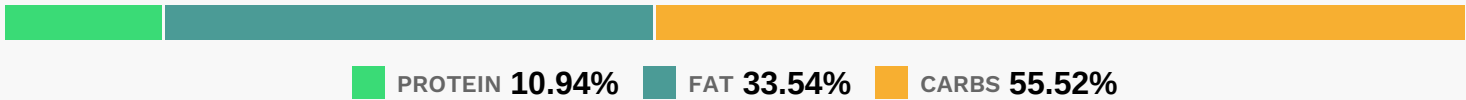
## Directions

- ☐ Preheat the broiler and arrange the oven rack 8 inches from the broiler.
- ☐ Heat a large sauce pot over medium heat.
- ☐ Add the butter and let it melt, then add the orzo and stir. Toast the pasta until golden brown, 3 minutes, then add the rice and stir to combine.
- ☐ Add the saffron threads and stir in the stock. Bring the liquid to a boil, then reduce the heat to a simmer and cover the pot with a tight-fitting lid. Cook the rice until tender, about 15 to 18 minutes.
- ☐ Meanwhile, roll the pomegranate on the counter while applying pressure for a minute. Hold the pomegranate over a small pot and cut into it with a small sharp knife; the juice will come rushing out. Squeeze the pomegranate until 3/4 to 1 cup of juice is produced. Stir in the wine,

Worcestershire, peppercorns, cloves, and bay leaf. Bring to a boil, lower the heat to a simmer and reduce the liquid by half, about 6 minutes.

- ☐ Pour a little sauce into a small bowl, stir in the cornstarch, and then pour the mixture into the sauce. Cook until thickened, about 1 minute.
- ☐ Remove and discard the peppercorns, whole cloves and the bay leaf.
- ☐ Arrange the chops on a broiler pan and season with salt and pepper, to taste. Broil for 3 to 4 minutes, or only 1 minute on each side for pink centers.
- ☐ When the chops go into the broiler, heat the extra-virgin olive oil in a medium skillet over medium heat.
- ☐ Add the garlic and stir for 2 minutes, then add the spinach and let it wilt. Season with salt, pepper, and nutmeg, to taste.
- ☐ Arrange 3 chops on each serving plate.
- ☐ Drizzle with pomegranate sauce, and serve the saffron pilaf and wilted spinach alongside.

## Nutrition Facts



## Properties

Glycemic Index:108.55, Glycemic Load:26.49, Inflammation Score:-10, Nutrition Score:30.033913011136%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 443.79kcal (22.19%), Fat: 15.84g (24.36%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 55.02g (20.01%), Sugar: 4.1g (4.55%), Cholesterol: 20.75mg (6.92%), Sodium: 403.1mg (17.53%), Alcohol: 3.18g (100%), Alcohol %: 1.2% (100%), Protein: 11.62g (23.25%), Vitamin K: 553.35µg (527%), Vitamin A: 10826.47IU (216.53%), Manganese: 1.91mg (95.36%), Folate: 234µg (58.5%), Vitamin C: 34.12mg (41.36%), Magnesium: 121.86mg (30.47%), Potassium: 961.29mg (27.47%), Iron: 4.68mg (26%), Selenium: 17.22µg (24.6%), Vitamin E: 3.58mg (23.84%), Vitamin B2: 0.37mg (21.88%), Vitamin B6: 0.43mg (21.68%), Copper: 0.39mg (19.5%), Vitamin B3: 3.73mg (18.64%), Phosphorus: 184.27mg (18.43%), Fiber: 3.96g (15.84%), Calcium: 152.32mg (15.23%), Vitamin B1: 0.19mg (12.58%), Zinc: 1.68mg (11.18%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.11µg (1.79%)