



# Lamb Chops with Preserved Lemon (Moroccan Style)

 **Gluten Free**  **Dairy Free**

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**66 kcal**

SIDE DISH

## Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 4 cloves garlic minced
- 4 servings ground pepper black to taste
- 0.3 cup slivered kalamata olives
- 7 lamb loins rack of trimmed

- 1 tablespoon olive oil
- 0.3 cup moroccan preserved lemon chopped
- 1 bell pepper red thinly sliced

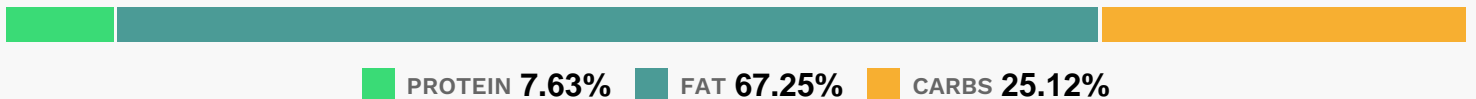
## Equipment

- sauce pan
- grill
- aluminum foil

## Directions

- Stir cilantro, parsley, and mint together in a small saucepan.
- Remove half of the herb mixture, and set aside. Stir the garlic, lemon, olives, olive oil, and black pepper into the remaining herbs.
- Spread 2 tablespoons of this mixture onto the lamb rack. Wrap the exposed bones with aluminum foil to keep them from burning. Stir the olives and bell pepper into the reserved mixture and keep warm over low heat.
- Preheat an outdoor grill for medium heat.
- Cook the lamb rack on the preheated grill until cooked to desired degree of doneness, about 4 minutes per side for medium-rare. Baste occasionally with the warmed relish. Once cooked, remove from grill, and allow to rest for 5 minutes before slicing into individual chops.
- To serve, arrange lamb chops on a platter, spoon some of the warmed relish over them, and sprinkle with the reserved chopped herbs.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:9.3965216900991%

## 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: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg

8.23mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## **Nutrients (% of daily need)**

Calories: 66.42kcal (3.32%), Fat: 5.17g (7.95%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.84g (2.04%), Cholesterol: 1.15mg (0.38%), Sodium: 138.11mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 68.5µg (65.24%), Vitamin C: 45.17mg (54.75%), Vitamin A: 1468.3IU (29.37%), Vitamin E: 1.36mg (9.04%), Fiber: 2.06g (8.25%), Manganese: 0.14mg (7%), Vitamin B6: 0.14mg (6.9%), Folate: 23.94µg (5.98%), Iron: 0.67mg (3.73%), Potassium: 126.34mg (3.61%), Vitamin B3: 0.54mg (2.72%), Vitamin B2: 0.05mg (2.68%), Magnesium: 10.24mg (2.56%), Calcium: 25.27mg (2.53%), Copper: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.15%), Phosphorus: 20.7mg (2.07%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.16mg (1.57%), Selenium: 0.94µg (1.34%)