



Lamb chops with red pepper & mint salsa

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 to lamb shoulder blade chops
- 2 garlic clove thinly sliced
- 6 servings rosemary
- 290 g roasted peppers red
- 1 garlic clove roughly chopped
- 1 to 5 chillies red roughly chopped
- 1 handful mint leaves generous
- 1 tbsp juice of lemon

3 tbsp olive oil

Equipment

food processor

bowl

grill

Directions

Season the chops all over with salt and pepper. Make a slit between the bone and meat in each chop, then push a sliver of garlic and small sprig of rosemary into each.

For the salsa, put the peppers in a mini chopper or food processor with the garlic, chilli, mint and lemon. Blitz until finely chopped, but not pured.

Add the oil and blitz briefly to mix. Tip into a bowl and leave at room temperature until serving time.

Grill or barbecue the chops for 5–7 mins each side until brown, then serve on a platter with the salsa (stir before serving).

Nutrition Facts


■ PROTEIN **53.68%** ■ FAT **44.17%** ■ CARBS **2.15%**

Properties

Glycemic Index:29.17, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:36.300434858903%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 646.05kcal (32.3%), Fat: 30.82g (47.41%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.48g (0.53%), Cholesterol: 257.21mg (85.74%), Sodium: 862.75mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.27g (168.54%), Vitamin B12: 9.65µg (160.88%), Zinc:

15.9mg (106.01%), Vitamin B3: 17.71mg (88.54%), Vitamin B6: 1.54mg (76.91%), Vitamin B2: 1.3mg (76.24%), Phosphorus: 733.11mg (73.31%), Selenium: 33.08µg (47.26%), Iron: 8.1mg (44.99%), Vitamin C: 34.96mg (42.38%), Potassium: 1179.33mg (33.7%), Vitamin B5: 3.04mg (30.44%), Copper: 0.6mg (30.18%), Vitamin B1: 0.43mg (28.71%), Magnesium: 87mg (21.75%), Manganese: 0.17mg (8.59%), Vitamin E: 1.06mg (7.1%), Vitamin A: 354.47IU (7.09%), Calcium: 66.04mg (6.6%), Vitamin K: 5.29µg (5.04%), Fiber: 0.83g (3.31%), Folate: 11.07µg (2.77%)