



HEALTH SCORE

57%

Lamb Loin Chops with Mint Pesto



Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.8 cup basil leaves fresh
- ☐ 0.8 cup flat-leaf parsley fresh
- ☐ 1.5 cups mint leaves fresh
- ☐ 2 cloves garlic

- ☐ 2 pounds lamb loin chops
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt

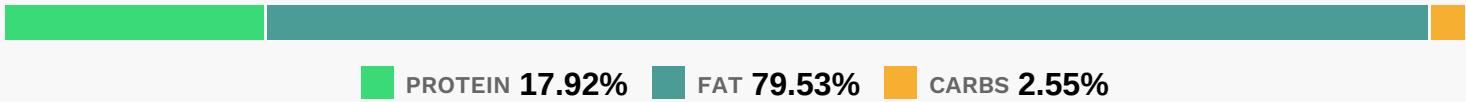
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill on high.
- ☐ Rub the lamb with the olive oil. In a small bowl, combine the oregano, thyme, rosemary, pepper and salt. Rub mixture all over the lamb.
- ☐ Let it rest for 10 minutes at room temperature.
- ☐ While chops are resting, prepare the Mint Pesto.
- ☐ Grill the lamb chops 2 to 3 minutes per side, for medium rare.
- ☐ Serve the lamb chops with the Mint Pesto.
- ☐ Add the garlic to a food processor and pulse until chopped.
- ☐ Add the pine nuts and pulse to chop.
- ☐ Add half of the herbs and chop for 30 seconds, then add the rest of the herbs and chop.
- ☐ Add in the Parmesan and salt and pepper, pulse briefly until combined. While machine is running, slowly add the oil in a steady stream and process to desired thickness.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:36.058695706336%

Flavonoids

Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 25.16mg, Apigenin: 25.16mg, Apigenin: 25.16mg, Apigenin: 25.16mg Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 981.9kcal (49.1%), Fat: 86.74g (133.44%), Saturated Fat: 31.56g (197.28%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.67g (1.34%), Sugar: 0.55g (0.62%), Cholesterol: 176.33mg (58.78%), Sodium: 630.77mg (27.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.95%), Vitamin K: 224.67µg (213.98%), Vitamin B12: 4.78µg (79.61%), Vitamin B3: 15.6mg (78.01%), Selenium: 46.04µg (65.77%), Manganese: 1.21mg (60.54%), Phosphorus: 505.85mg (50.58%), Zinc: 7.02mg (46.79%), Vitamin A: 2020.27IU (40.41%), Iron: 6.46mg (35.89%), Vitamin B2: 0.6mg (35.44%), Calcium: 264.92mg (26.49%), Vitamin C: 21.76mg (26.38%), Vitamin E: 3.9mg (26.01%), Magnesium: 99.66mg (24.91%), Copper: 0.46mg (23.11%), Potassium: 742.6mg (21.22%), Vitamin B1: 0.32mg (21.04%), Folate: 83.47µg (20.87%), Vitamin B6: 0.38mg (19.01%), Vitamin B5: 1.65mg (16.47%), Fiber: 2.6g (10.38%)