



Lamb Loin with Spicy Date Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons canola oil plus more for brushing
- ☐ 0.1 teaspoon cayenne powder
- ☐ 3 tablespoons cilantro leaves fresh whole chopped for garnish
- ☐ 1 cinnamon sticks
- ☐ 12 dates pitted coarsely chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon ground ginger

- ☐ 1 Clove r honey as needed
- ☐ 0.5 cup catsup
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 pounds lamb loin fillet
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 small onion spanish chopped

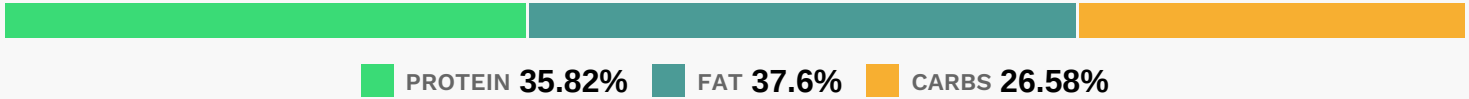
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Heat the oil in a medium saucepan over medium heat.
- ☐ Add the onions and cook until lightly golden brown.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the chicken broth, 3/4 cup water, the ketchup, vinegar, ginger, cayenne, dates, cloves, cinnamon stick and honey to taste and cook until the dates are very soft and the mixture has reduced slightly.
- ☐ Transfer to a blender and blend until smooth.
- ☐ Add the chopped cilantro and salt and pepper to taste and pulse to incorporate.
- ☐ Transfer to a bowl and let cool.
- ☐ Remove 1/4 cup for garnish.
- ☐ Heat a charcoal or gas grill to medium-high for direct grilling.
- ☐ Brush the lamb with oil on both sides and sprinkle with salt and pepper. Grill, brushing with the glaze and turning once or twice, until cooked to medium-rare, about 10 minutes total.
- ☐ Remove and let rest before slicing.
- ☐ Place the lamb slices on a platter, drizzle with the reserved glaze and garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:7.98, Inflammation Score:-5, Nutrition Score:21.47347816177%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 416.81kcal (20.84%), Fat: 17.54g (26.99%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 25.25g (9.18%), Sugar: 20.79g (23.1%), Cholesterol: 112.26mg (37.42%), Sodium: 403.13mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.2%), Vitamin B12: 3.8µg (63.39%), Vitamin B3: 12.45mg (62.26%), Selenium: 41.47µg (59.25%), Zinc: 5.66mg (37.75%), Phosphorus: 366.72mg (36.67%), Vitamin B2: 0.48mg (28.04%), Potassium: 777.98mg (22.23%), Manganese: 0.44mg (22.17%), Iron: 3.88mg (21.56%), Vitamin B6: 0.42mg (21.03%), Vitamin B1: 0.25mg (16.48%), Copper: 0.33mg (16.37%), Magnesium: 63.21mg (15.8%), Vitamin E: 2.05mg (13.66%), Vitamin B5: 1.3mg (12.99%), Folate: 51.24µg (12.81%), Fiber: 2.65g (10.6%), Vitamin K: 7.97µg (7.59%), Calcium: 51.94mg (5.19%), Vitamin A: 205.94IU (4.12%), Vitamin C: 3.24mg (3.93%)