



## Lamb Rib Chops with Raisin-Almond Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup almonds sliced
- 0.3 teaspoon pepper black
- 0.8 cup couscous
- 0.3 cup flat-leaf parsley fresh chopped
- 0.3 cup golden raisins
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin

- 1 teaspoon kosher salt divided
- 3 ounce lamb rib chops trimmed
- 1.5 cups water

## Equipment

- frying pan
- sauce pan
- aluminum foil
- broiler

## Directions

- Preheat broiler.
- Combine 1 1/2 cups water, raisins, and 1/2 teaspoon salt in a medium saucepan; bring to a boil.
- Add couscous to pan.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine remaining 1/2 teaspoon salt, cumin, coriander, and pepper. Rub spice mixture evenly over lamb.
- Place lamb on a jelly-roll pan lined with aluminum foil. Broil lamb 10 minutes or until desired degree of doneness, turning once.
- Heat a small skillet over medium heat.
- Add almonds to pan; cook 3 minutes or until lightly toasted, stirring constantly.
- Add almonds and parsley to couscous mixture; stir to combine.
- Serve with lamb.

## Nutrition Facts



## Properties

Glycemic Index:50.17, Glycemic Load:20.55, Inflammation Score:-4, Nutrition Score:10.675217441891%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 230.19kcal (11.51%), Fat: 5.18g (7.97%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 33.36g (12.13%), Sugar: 7.44g (8.26%), Cholesterol: 14.03mg (4.68%), Sodium: 608.24mg (26.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin K: 62.13µg (59.18%), Manganese: 0.46mg (22.84%), Vitamin B3: 2.79mg (13.95%), Phosphorus: 138.69mg (13.87%), Fiber: 3.04g (12.18%), Copper: 0.23mg (11.55%), Magnesium: 43.2mg (10.8%), Vitamin E: 1.56mg (10.4%), Vitamin B2: 0.16mg (9.48%), Zinc: 1.36mg (9.06%), Vitamin B12: 0.51µg (8.43%), Iron: 1.49mg (8.27%), Potassium: 268.86mg (7.68%), Selenium: 5.11µg (7.3%), Vitamin C: 5.41mg (6.56%), Vitamin B1: 0.1mg (6.37%), Vitamin A: 318.23IU (6.36%), Vitamin B6: 0.12mg (6.04%), Vitamin B5: 0.6mg (6.02%), Folate: 19.58µg (4.89%), Calcium: 43.01mg (4.3%)