



 **100%**
HEALTH SCORE

Lamb Shoulder Chops with Tomatoes and Za'atar

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes canned
- 1 large garlic clove pressed
- 4 to lamb shoulder blade chops 1-inch-thick
- 3 tablespoons olive oil extra virgin extra-virgin divided
- 1 ounce za'atar

Equipment

- frying pan

sauce pan

Directions

Place tomatoes with puree in large saucepan.

Add za'atar, 2 tablespoons oil, and garlic. Bring to boil over medium-high heat, stirring often. Stir until sauce thickens, crushing tomatoes, about 10 minutes. Season with salt and pepper.

Meanwhile, sprinkle lamb with salt and pepper.

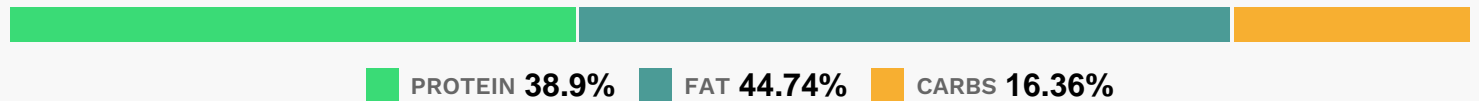
Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.

Add lamb and sauté until browned and cooked to desired doneness, about 5 minutes per side for medium-rare.

Spoon warm sauce over lamb; serve.

Za'atar is a Middle Eastern spice blend that includes sumac, herbs, and sesame seeds. Look for it at Middle Eastern markets, specialty foods stores, and adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:4.13, Inflammation Score:-7, Nutrition Score:37.556956374127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 461.45kcal (23.07%), Fat: 23.39g (35.98%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 12.84g (4.67%), Sugar: 8.86g (9.84%), Cholesterol: 128.6mg (42.87%), Sodium: 366.04mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.75g (91.5%), Vitamin K: 138.36µg (131.78%), Iron: 15.16mg (84.24%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.87mg (59.1%), Vitamin B3: 11.44mg (57.21%), Vitamin B6: 1.04mg (52.1%), Manganese: 0.96mg (47.8%), Vitamin B2: 0.77mg (45.16%), Phosphorus: 437.48mg (43.75%), Copper: 0.69mg (34.41%), Potassium: 1177.85mg (33.65%), Vitamin E: 4.52mg (30.16%), Vitamin C: 22.03mg (26.71%), Vitamin B1: 0.39mg (26.06%), Selenium: 17.96µg (25.66%), Fiber: 6.41g (25.63%), Magnesium: 94.81mg (23.7%), Calcium: 222.55mg (22.26%), Vitamin B5: 2.05mg (20.54%), Vitamin A: 696.05IU (13.92%), Folate: 45.24µg (11.31%)