



## Lamb with Arugula Dipping Sauce



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup almonds smoked
- ☐ 2 cups arugula trimmed
- ☐ 4 servings coarse salt and pepper
- ☐ 0.5 cup extra-virgin-olive oil for drizzling
- ☐ 8 lamb chops
- ☐ 1 cup mint jelly prepared
- ☐ 1 shallots chopped

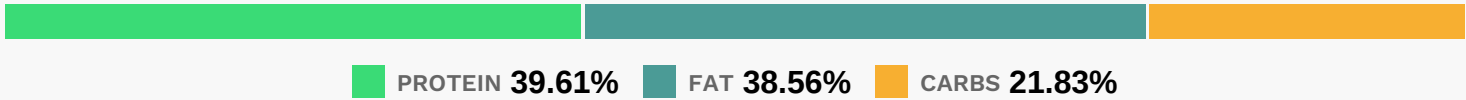
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Preheat grill pan over high heat.
- ☐ Combine arugula, almonds and shallot in food processor. Pulse-grind mixture. Turn processor on and stream in extra-virgin olive oil.
- ☐ Transfer mixture to a small bowl.
- ☐ Drizzle chops with extra-virgin olive oil. Season with grill seasoning or salt and pepper and grill 3 minutes on each side.
- ☐ Transfer chops to a platter and serve with dipping sauce and mint jelly.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:39.14130438929%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 912.75kcal (45.64%), Fat: 37.99g (58.45%), Saturated Fat: 10.99g (68.71%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 45.81g (16.66%), Sugar: 25.85g (28.72%), Cholesterol: 257.21mg (85.74%), Sodium: 428.49mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.81g (175.62%), Vitamin B12: 9.65µg (160.88%), Zinc:

16.4mg (109.3%), Vitamin B3: 18.01mg (90.07%), Vitamin B2: 1.48mg (87.33%), Phosphorus: 812.09mg (81.21%), Vitamin B6: 1.45mg (72.27%), Selenium: 33.52µg (47.88%), Iron: 8.42mg (46.78%), Copper: 0.72mg (36.04%), Potassium: 1260.1mg (36%), Vitamin E: 5.4mg (35.99%), Magnesium: 132.96mg (33.24%), Vitamin B5: 3.14mg (31.41%), Vitamin B1: 0.45mg (30.22%), Manganese: 0.5mg (25.23%), Vitamin K: 14.2µg (13.52%), Calcium: 105.91mg (10.59%), Fiber: 2.59g (10.38%), Folate: 19.69µg (4.92%), Vitamin A: 237.73IU (4.75%), Vitamin C: 2mg (2.42%)