



Lebanese Lamb Chops with Lemony Lettuce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon baharat spice mix (Eastern Mediterranean spice mixture; see cooks' note, below)
- ☐ 1.5 pound bibb lettuce
- ☐ 2 garlic cloves
- ☐ 2 large lemons
- ☐ 1.5 cups mint leaves
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 teaspoon sugar

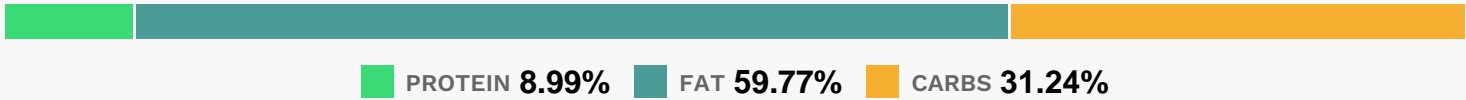
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ Grate 2 teaspoons zest from 1 lemon. Trim ends of both lemons, then stand lemons on a cut side and cut peel, including white pith, from lemons with a sharp paring knife (discard peel).
- ☐ Cut segments free from membranes, then cut segments crosswise into 1/4-inch pieces. Toss lemon segments gently with sugar in a bowl and stir in 2 tablespoons oil.
- ☐ Let stand at room temperature 10 minutes for flavors to develop.
- ☐ Mince and mash garlic to a paste with 1/2 teaspoon salt, then stir together with baharat, grated zest, remaining tablespoon oil, and 1/2 teaspoon pepper. Rub all over lamb chops.
- ☐ Toss lettuce and mint with lemon mixture.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Grill chops, turning once, about 6 minutes total for medium-rare.
- ☐ Transfer to a plate and let rest, loosely covered, 5 minutes.
- ☐ Serve chops with salad.
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- ☐ •You can make your own baharat by grinding 1 teaspoon each of whole cloves, cumin seeds, Maras or Aleppo pepper, and a 3-inch cinnamon stick (broken in half) in an electric coffee/spice grinder until finely ground. •Chops can be cooked in an oiled hot 2-burner grill pan over medium-high heat, turning once, about 6 minutes. •Lemon mixture keeps at room temperature 2 hours. Toss with lettuce and mint just before serving.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:20.07826069127%

Flavonoids

Eriodictyol: 16.75mg, Eriodictyol: 16.75mg, Eriodictyol: 16.75mg, Eriodictyol: 16.75mg Hesperetin: 16.78mg, Hesperetin: 16.78mg, Hesperetin: 16.78mg, Hesperetin: 16.78mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 153.29kcal (7.66%), Fat: 11.36g (17.47%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 8.37g (3.04%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 16.12mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Vitamin K: 180.36µg (171.77%), Vitamin A: 6362.48IU (127.25%), Vitamin C: 40.75mg (49.39%), Folate: 149.39µg (37.35%), Manganese: 0.54mg (27.21%), Fiber: 4.99g (19.96%), Iron: 3.38mg (18.75%), Potassium: 581.51mg (16.61%), Vitamin E: 1.9mg (12.67%), Calcium: 117.41mg (11.74%), Vitamin B6: 0.22mg (11.15%), Magnesium: 40.31mg (10.08%), Vitamin B2: 0.16mg (9.59%), Vitamin B1: 0.14mg (9.03%), Phosphorus: 79.39mg (7.94%), Copper: 0.11mg (5.36%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.58mg (3.85%), Selenium: 1.46µg (2.08%)