



Lemon-Oregano Lamb Chops

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 4 ounce lamb loin chops trimmed
- 2 tablespoons juice of lemon fresh
- 1 teaspoon olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt

Equipment

- frying pan
- ziploc bags
- grill pan

Directions

- Combine lemon juice, olive oil, oregano, and garlic in a large zip-top plastic bag.
- Add lamb to bag, turning to coat. Seal and marinate at room temperature 15 minutes, turning occasionally.
- Heat a grill pan over medium-high heat.
- Remove lamb from marinade; discard marinade.
- Sprinkle lamb evenly with salt and pepper. Coat pan with cooking spray.
- Add lamb to pan, and cook for 3 minutes on each side or until desired degree of doneness.
- Combine 2 cups cooked orzo, 1/4 cup crumbled feta cheese, 1/4 cup finely chopped red onion, 1/4 cup finely chopped carrot, 3 tablespoons chopped fresh flat-leaf parsley, 1 tablespoon red wine vinegar, 1 tablespoon extra-virgin olive oil, 1/4 teaspoon salt, and 1/8 teaspoon black pepper; toss well to coat.

Nutrition Facts



PROTEIN 45.78% **FAT 46.48%** **CARBS 7.74%**

Properties

Glycemic Index:16.75, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:3.4134782623986%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.12kcal (2.66%), Fat: 2.72g (4.19%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.21g (0.23%), Cholesterol: 18.71mg (6.24%), Sodium: 310.27mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin B12: 0.63µg (10.44%), Selenium: 6.82µg (9.75%), Vitamin B3: 1.87mg (9.35%), Zinc: 0.93mg (6.17%), Phosphorus: 56.18mg (5.62%), Vitamin B2: 0.07mg

(4.04%), Vitamin C: 3.14mg (3.81%), Iron: 0.67mg (3.74%), Vitamin B6: 0.06mg (3.2%), Vitamin B1: 0.04mg (2.72%), Potassium: 93.86mg (2.68%), Manganese: 0.05mg (2.47%), Magnesium: 9.19mg (2.3%), Vitamin K: 2.37µg (2.26%), Folate: 8.94µg (2.24%), Copper: 0.04mg (2.16%), Vitamin B5: 0.21mg (2.05%), Vitamin E: 0.26mg (1.71%)