



Marinated Lamb Chops



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon paprika smoked

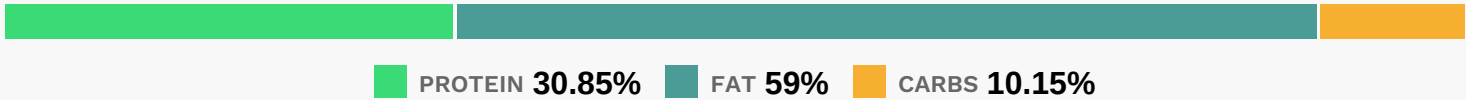
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 8 ingredients in a large zip-top plastic bag.
- ☐ Add lamb; seal and marinate in refrigerator 8 hours or overnight.
- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Remove lamb from bag, and discard marinade.
- ☐ Sprinkle both sides of lamb evenly with salt and black pepper.
- ☐ Add half of lamb to skillet, and saut for 2 minutes or until browned.
- ☐ Transfer lamb, browned side up, to a broiler pan coated with cooking spray. Repeat procedure with remaining lamb.
- ☐ Bake lamb at 450 for 6 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:6.1126087022864%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 80.43kcal (4.02%), Fat: 5.33g (8.2%), Saturated Fat: 1.1lg (6.93%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.48g (0.53%), Cholesterol: 18.71mg (6.24%), Sodium: 167.17mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Vitamin K: 38.56µg (36.72%), Vitamin B12: 0.63µg (10.44%), Selenium: 7.04µg (10.06%), Vitamin B3: 1.95mg (9.75%), Vitamin A: 422.03IU (8.44%), Vitamin C: 6.73mg (8.15%), Zinc: 0.99mg (6.6%), Phosphorus: 62.25mg (6.22%), Iron: 0.88mg (4.88%), Vitamin E: 0.72mg (4.81%), Vitamin B2: 0.08mg (4.62%), Vitamin B6: 0.09mg (4.4%), Potassium: 129.02mg (3.69%), Manganese: 0.07mg (3.69%), Folate: 13.16µg (3.29%), Vitamin B1: 0.05mg (3.22%), Magnesium: 11.95mg (2.99%), Copper: 0.06mg (2.8%), Vitamin B5: 0.24mg (2.37%), Fiber: 0.5g (2%), Calcium: 14.46mg (1.45%)