



Mediterranean Grilled Lamb Steaks

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

READY IN



30 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces artichoke hearts drained quartered canned
- 14 ounces canned tomatoes diced canned
- 2 pounds roast chickens boneless
- 0.5 teaspoon fennel seeds
- 2 garlic clove smashed
- 0.5 cup kalamata olives pitted coarsely chopped
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 1 medium onion thinly sliced

- 2 inch orange zest
- 1 bay leaves

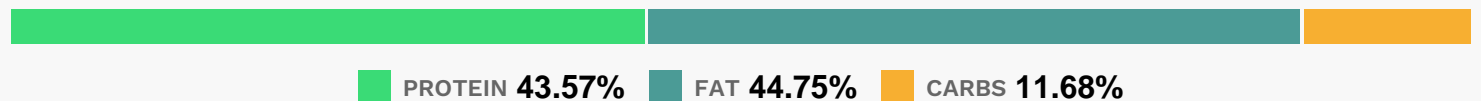
Equipment

- frying pan
- grill
- grill pan

Directions

- Heat 2 tablespoons oil in a large heavy skillet over medium-high heat until it shimmers. Cook garlic, bay leaf, fennel seeds, and zest, stirring, until fennel seeds are golden, about 1 minute.
- Add onion and cook, stirring occasionally, until pale golden, about 3 minutes.
- Reduce heat to medium, then add tomatoes with their juice, artichokes, and olives and cook, covered, until vegetables are tender, 5 to 8 minutes. Discard bay leaf and zest.
- Meanwhile, heat grill pan over medium-high heat until hot.
- Cut lamb across the grain into 4 (1-inch-thick) steaks.
- Brush both sides of steaks with remaining 2 tablespoons oil and season with 1 teaspoon salt and 1/2 teaspoon pepper (total).
- Grill lamb, turning once, about 10 minutes total for medium-rare.
- Spoon tomato mixture onto plates and top with lamb.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:28.157826268155%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 431.62kcal (21.58%), Fat: 21.42g (32.96%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.99g (3.27%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 881.84mg (38.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.93g (93.86%), Vitamin B6: 2.09mg (104.3%), Vitamin B3: 15.15mg (75.73%), Vitamin B12: 4.01µg (66.9%), Zinc: 9.52mg (63.46%), Selenium: 36.35µg (51.93%), Phosphorus: 500.07mg (50.01%), Vitamin B2: 0.62mg (36.75%), Iron: 6mg (33.31%), Potassium: 892.79mg (25.51%), Vitamin B1: 0.38mg (25.49%), Copper: 0.37mg (18.3%), Vitamin E: 2.67mg (17.79%), Magnesium: 60.68mg (15.17%), Vitamin B5: 1.48mg (14.82%), Fiber: 3.59g (14.35%), Vitamin A: 471.11IU (9.42%), Vitamin K: 8.8µg (8.38%), Vitamin C: 6.08mg (7.37%), Calcium: 62.04mg (6.2%), Manganese: 0.1mg (5.19%), Folate: 6.2µg (1.55%)