



HEALTH SCORE

53%

Moroccan Lamb Chops



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricots dried pitted (or some of each)
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 15 oz garbanzos drained and rinsed canned
- ☐ 3 cloves garlic minced pressed peeled
- ☐ 1 teaspoon ground cinnamon and ground cumin
- ☐ 8 lamb loin chops dry thick rinsed (each)
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped

- ☐ 1 tablespoon parsley chopped
- ☐ 1 tablespoon tomato paste

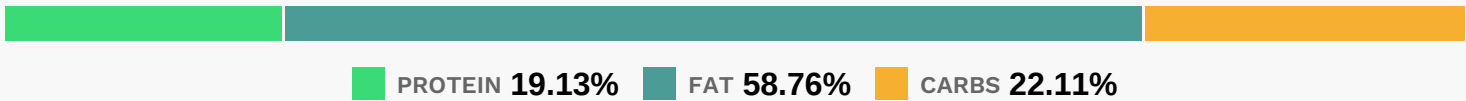
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour oil into a 12-inch nonstick frying pan over medium-high heat. When hot, add lamb chops and cook, turning once, until browned on both sides, about 4 minutes total.
- ☐ Transfer to a plate.
- ☐ Add onion and garlic to pan; stir often until limp, about 4 minutes.
- ☐ Add cinnamon and cumin; stir until fragrant, 1 minute longer. Stir in broth, tomato paste, apricots, and garbanzos; bring to a simmer. Return lamb chops to pan.
- ☐ Cover and simmer, turning chops once, until apricots are plump and chops are barely pink in the center (cut to test), 10 to 12 minutes.
- ☐ Set two lamb chops on each of four plates or in shallow bowls. Spoon garbanzo mixture around meat.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:49.54, Glycemic Load:13.09, Inflammation Score:-9, Nutrition Score:38.564347515935%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 1020.3kcal (51.02%), Fat: 67g (103.08%), Saturated Fat: 27.39g (171.19%), Carbohydrates: 56.74g (18.91%), Net Carbohydrates: 45.02g (16.37%), Sugar: 25.56g (28.4%), Cholesterol: 167.24mg (55.75%), Sodium: 637.19mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.08g (98.15%), Vitamin B3: 16.9mg (84.49%), Vitamin B12: 4.84µg (80.62%), Selenium: 50.7µg (72.43%), Manganese: 1.37mg (68.28%), Folate: 238.55µg (59.64%), Phosphorus: 583.96mg (58.4%), Zinc: 7.68mg (51.17%), Fiber: 11.71g (46.85%), Iron: 8.42mg (46.8%), Copper: 0.79mg (39.69%), Potassium: 1350.93mg (38.6%), Vitamin B2: 0.62mg (36.23%), Vitamin B6: 0.61mg (30.58%), Magnesium: 120.27mg (30.07%), Vitamin B1: 0.42mg (28.11%), Vitamin A: 1352.93IU (27.06%), Vitamin K: 24.51µg (23.35%), Vitamin B5: 2.12mg (21.25%), Vitamin E: 2.9mg (19.33%), Calcium: 133.03mg (13.3%), Vitamin C: 8.85mg (10.73%)