



Moroccan Lamb Chops with Couscous Pilaf

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots grated
- ☐ 0.7 cup couscous uncooked
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 cup green onions minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin

- ☐ 4 ounce lamb loin chops trimmed
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons paprika sweet

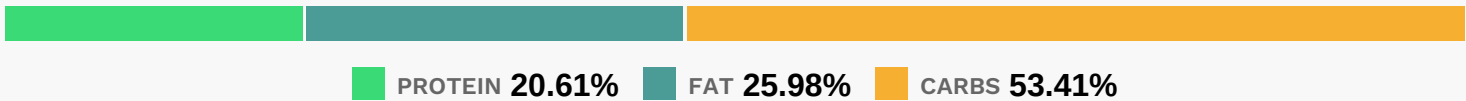
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine paprika and next 4 ingredients in a small bowl; stir well to combine. Reserve 1 1/2 teaspoons spice mixture, and set aside.
- ☐ Brush lamb chops with olive oil; rub 4 1/2 teaspoons spice mixture on both sides of lamb chops. Set lamb chops aside.
- ☐ Combine chicken broth, orange juice, carrot, and reserved 1 1/2 teaspoons spice mixture in a medium saucepan, and bring to a boil. Stir in couscous and green onions.
- ☐ Remove from heat; cover and let stand 5 minutes or until liquid is absorbed. Fluff mixture with a fork; keep warm.
- ☐ Place lamb chops on grill rack coated with cooking spray. Grill 4 to 5 minutes on each side or until desired degree of doneness.
- ☐ Serve lamb chops with couscous.

Nutrition Facts



Properties

Glycemic Index:55.21, Glycemic Load:15.04, Inflammation Score:-9, Nutrition Score:11.674782607866%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 204.87kcal (10.24%), Fat: 5.91g (9.09%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 24.48g (8.9%), Sugar: 2.4g (2.66%), Cholesterol: 18.71mg (6.24%), Sodium: 792.02mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Vitamin A: 3269.07IU (65.38%), Manganese: 0.37mg (18.35%), Vitamin B3: 3.49mg (17.45%), Vitamin K: 18.09µg (17.23%), Phosphorus: 127.2mg (12.72%), Vitamin C: 10.05mg (12.18%), Vitamin B12: 0.71µg (11.86%), Fiber: 2.85g (11.41%), Selenium: 7.94µg (11.34%), Iron: 1.92mg (10.67%), Zinc: 1.33mg (8.88%), Vitamin B1: 0.12mg (8.27%), Potassium: 282.1mg (8.06%), Magnesium: 31.98mg (8%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.73%), Vitamin B6: 0.14mg (7.15%), Vitamin B5: 0.7mg (7%), Vitamin E: 1.03mg (6.84%), Folate: 25.27µg (6.32%), Calcium: 39.23mg (3.92%)