



Moroccan Lamb Salad With Carrots and Mint

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound carrots peeled
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1.3 pounds lamb loin chops lean trimmed

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mint sprigs fresh
- ☐ 2 scallions chopped
- ☐ 0.3 cup percent yogurt greek-style

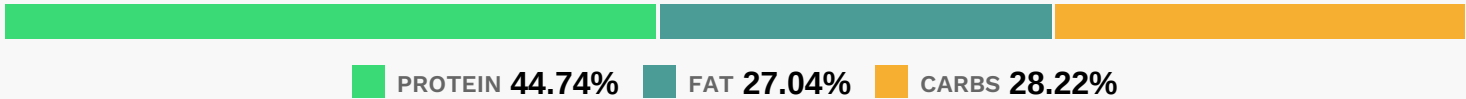
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ peeler

Directions

- ☐ Prepare grill.
- ☐ Rub lamb with garlic, and season with 1 teaspoon salt and 1/2 teaspoon pepper. Grill on medium heat 45 minutes per side (medium-rare) or to desired doneness.
- ☐ Let rest 5 minutes, then cut into bite-size pieces, discarding bones.
- ☐ Whisk together yogurt, lemon juice, cinnamon, cayenne, and remaining 1/2 teaspoon salt in a large bowl.
- ☐ Use a vegetable peeler to cut carrots into long, thin strips.
- ☐ Add carrots and the remaining ingredients to dressing, and toss.
- ☐ Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:7.75, Inflammation Score:-10, Nutrition Score:25.816956685937%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

0.1mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 295.64kcal (14.78%), Fat: 8.88g (13.66%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 16.73g (6.08%), Sugar: 11.64g (12.93%), Cholesterol: 94.39mg (31.46%), Sodium: 1056.02mg (45.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Vitamin A: 19152.57IU (383.05%), Vitamin B12: 3.25µg (54.15%), Vitamin B3: 10.59mg (52.94%), Selenium: 35.56µg (50.8%), Phosphorus: 349.92mg (34.99%), Zinc: 5mg (33.31%), Vitamin B2: 0.47mg (27.77%), Vitamin K: 28.23µg (26.89%), Potassium: 896.81mg (25.62%), Vitamin B6: 0.47mg (23.46%), Iron: 3.53mg (19.62%), Vitamin B1: 0.27mg (18.29%), Manganese: 0.35mg (17.57%), Fiber: 4.12g (16.48%), Folate: 65.71µg (16.43%), Magnesium: 61.78mg (15.44%), Vitamin C: 12.43mg (15.06%), Copper: 0.29mg (14.64%), Vitamin B5: 1.35mg (13.5%), Calcium: 95.05mg (9.5%), Vitamin E: 1.1mg (7.33%)