



Moroccan Rub Lamb Chops



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



319 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon garlic salt
- ☐ 1 tablespoon ground cumin
- ☐ 2 teaspoons ground turmeric
- ☐ 6 loin lamb chops
- ☐ 1 optional: lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red hot

☐ 1 teaspoon paprika sweet

Equipment

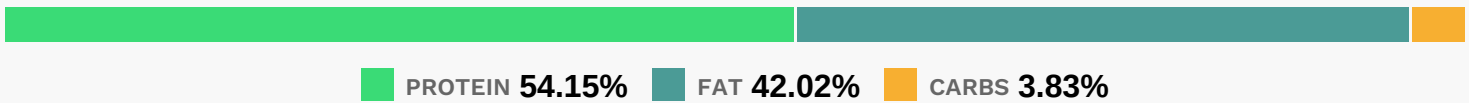
☐ grill

☐ grill pan

Directions

- ☐ Preheat grill pan to high.
- ☐ Brush chops with a little olive oil.
- ☐ Combine dry spice blend in a small container, cover and shake to combine. Rub spice blend into the chops on both sides. Grill chops 7 to 8 minutes, turning once, for medium rare, 10 to 12 minutes for medium to medium well.
- ☐ Serve with wedges of lemon.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:19.698260970738%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 318.8kcal (15.94%), Fat: 14.6g (22.47%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 3g (1%), Net Carbohydrates: 1.94g (0.7%), Sugar: 0.54g (0.6%), Cholesterol: 128.6mg (42.87%), Sodium: 492.85mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.34g (84.69%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.01mg (53.39%), Vitamin B3: 8.82mg (44.1%), Vitamin B2: 0.65mg (38.27%), Phosphorus: 371.15mg (37.11%), Vitamin B6: 0.74mg (36.87%), Iron: 4.97mg (27.61%), Selenium: 16.64µg (23.77%), Potassium: 610.33mg (17.44%), Vitamin B5: 1.54mg (15.42%), Vitamin B1: 0.22mg (14.74%), Copper: 0.29mg (14.43%), Vitamin C: 9.86mg (11.96%), Magnesium: 47.68mg (11.92%), Manganese: 0.13mg (6.46%), Vitamin A: 230.26IU (4.61%), Fiber: 1.06g (4.25%), Calcium: 38.82mg

(3.88%), Vitamin E: 0.58mg (3.85%), Vitamin K: 1.99µg (1.9%)