



HEALTH SCORE

92%

Pan-Grilled Lamb with Walnut-Mint Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup mint leaves fresh



0.5 small garlic clove peeled



4 garlic cloves crushed peeled



36 ounce lamb shoulder chops



2.3 teaspoons juice of lemon fresh



0.3 cup olive oil



1 cup parsley fresh italian



4 large rosemary sprigs fresh

☐ 0.5 cup walnuts lightly toasted

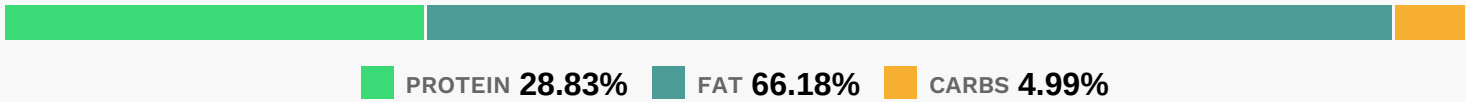
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all ingredients in large bowl; turn lamb to coat with oil.
- ☐ Let stand at room temperature 1 hour. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Let stand at room temperature 1 hour before cooking.
- ☐ Blend first 5 ingredients in processor to coarse puree, occasionally scraping down sides of processor.
- ☐ Mix in lemon juice. Season with salt and pepper.
- ☐ Transfer to bowl. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Heat large griddle or large skillet over high heat.
- ☐ Add lamb chops with rosemary-garlic mixture. Cook to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer to plates; top with pesto.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:30.516086951546%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 32.95mg, Apigenin: 32.95mg, Apigenin: 32.95mg, Apigenin: 32.95mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 487.18kcal (24.36%), Fat: 36.2g (55.69%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.61g (0.68%), Cholesterol: 102.87mg (34.29%), Sodium: 124.31mg (5.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Vitamin K: 257.29µg (245.04%), Vitamin B12: 4.29µg (71.53%), Selenium: 37.7µg (53.86%), Vitamin B3: 10.23mg (51.16%), Zinc: 7.46mg (49.72%), Manganese: 0.76mg (38.03%), Phosphorus: 372.54mg (37.25%), Vitamin A: 1774.14IU (35.48%), Vitamin C: 26.08mg (31.61%), Iron: 4.95mg (27.51%), Vitamin B2: 0.44mg (26%), Copper: 0.49mg (24.6%), Folate: 90.29µg (22.57%), Vitamin E: 3.17mg (21.12%), Magnesium: 81.72mg (20.43%), Potassium: 696.23mg (19.89%), Vitamin B6: 0.39mg (19.71%), Vitamin B1: 0.27mg (18.18%), Vitamin B5: 1.37mg (13.71%), Fiber: 2.6g (10.38%), Calcium: 91.29mg (9.13%)