



Pan Seared Lamb Loin With Chimichurri & Roasted Trio Squash Salad With Goat Cheese and Pinenuts

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves finely chopped
- 2 tablespoons olive oil extra virgin
- 0.3 cup flat parsley finely chopped
- 1 garlic clove finely minced
- 4 servings pepper black to taste
- 4 servings salt and pepper to taste

- 4 lamb loin chops
- 1 optional: lemon freshly squeezed
- 0.3 cup mint leaves finely chopped
- 0.3 cup pinenuts toasted finely chopped
- 1 tablespoon pepper red chopped
- 1 shallots finely minced

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400F. For the Chimichurri, place all of the ingredients in a large bowl and incorporate together. Season with salt and pepper.
- Heat a large, heavy bottomed pan with the oil.
- Sprinkle each side of the lamb loin evenly with salt and pepper. (This cooking process is exactly like the way you make steak). Once the oil is hot (it will smoke a little bit), sear the lamb loin, about 2 minutes per side and allow the lamb to cook the rest of the way in the oven. The cooking times are as follows: If you like your lamb rare, place it in the oven for no more than 2-3 minutes. If you like your lamb medium rare place it in the oven for about 6-8 minutes. If you like your lamb medium place it in the oven for 9 to 11 minutes. If you like it well done leave it in there for 12-14 minutes. Remember, the lamb will continue to cook after you take it out so plan accordingly.

Nutrition Facts

 **PROTEIN 16.53%**  **FAT 78.12%**  **CARBS 5.35%**

Properties

Glycemic Index:45.38, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:20.707826086957%

Flavonoids

Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg Hesperetin: 7.82mg, Hesperetin: 7.82mg, Hesperetin: 7.82mg, Hesperetin: 7.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Taste

Sweetness: 15.66%, Saltiness: 97.69%, Sourness: 74.82%, Bitterness: 61%, Savoriness: 64.45%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 491.85kcal (24.59%), Fat: 43.3g (66.62%), Saturated Fat: 14.74g (92.14%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.66g (1.85%), Cholesterol: 83.62mg (27.87%), Sodium: 295.05mg (12.83%), Protein: 20.62g (41.23%), Vitamin K: 75.7µg (72.1%), Manganese: 0.89mg (44.62%), Vitamin B3: 8.07mg (40.34%), Vitamin B12: 2.31µg (38.42%), Selenium: 22.13µg (31.62%), Vitamin C: 21.28mg (25.79%), Zinc: 3.62mg (24.11%), Phosphorus: 240.36mg (24.04%), Vitamin A: 1105.11IU (22.1%), Vitamin E: 2.86mg (19.06%), Iron: 3.33mg (18.47%), Vitamin B2: 0.3mg (17.39%), Copper: 0.29mg (14.32%), Magnesium: 56.11mg (14.03%), Vitamin B6: 0.26mg (12.9%), Potassium: 435.76mg (12.45%), Vitamin B1: 0.18mg (12.16%), Fiber: 2.38g (9.53%), Folate: 37.3µg (9.32%), Vitamin B5: 0.86mg (8.62%), Calcium: 48.9mg (4.89%)