



Pesto Lamb Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 4 ounce lamb loin chops trimmed
- ☐ 2.5 tablespoons commercial pesto divided
- ☐ 2 tomatoes cut in half crosswise (1 pound)

Equipment

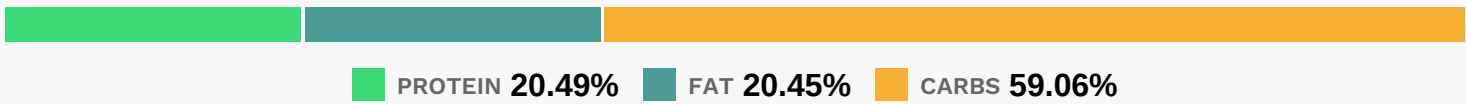
- ☐ sauce pan
- ☐ broiler

☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Bring broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes or until done. Fluff with a fork.
- ☐ While couscous stands, spread 2 tablespoons pesto over both sides of lamb.
- ☐ Spread 1 1/2 teaspoons pesto over cut sides of tomatoes.
- ☐ Place lamb and tomatoes on a broiler pan coated with cooking spray. Broil 5 minutes; turn lamb chops, and broil an additional 5 minutes or until desired degree of doneness.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:20.99, Inflammation Score:-6, Nutrition Score:9.0908695407536%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 5.65g (8.69%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 33.66g (12.24%), Sugar: 2g (2.23%), Cholesterol: 19.46mg (6.49%), Sodium: 346.44mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Manganese: 0.42mg (21.03%), Vitamin B3: 4.04mg (20.18%), Phosphorus: 148.39mg (14.84%), Vitamin A: 701.29IU (14.03%), Vitamin B12: 0.74µg (12.33%), Fiber: 3.05g (12.2%), Selenium: 7.94µg (11.34%), Vitamin C: 8.43mg (10.21%), Copper: 0.19mg (9.51%), Zinc: 1.38mg (9.19%), Potassium: 312.82mg (8.94%), Vitamin B1: 0.13mg (8.94%), Magnesium: 34.02mg (8.5%), Vitamin B5: 0.85mg (8.48%), Vitamin B6: 0.15mg (7.65%), Iron: 1.31mg (7.27%), Vitamin B2: 0.12mg (7.21%), Folate: 25.25µg (6.31%), Vitamin K: 4.86µg (4.63%), Calcium: 37.3mg (3.73%), Vitamin E: 0.39mg (2.57%)