



Quinoa and Herb Crusted Lamb

 Gluten Free

READY IN



37 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup crème fraîche
- ☐ 2 eggs
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons kosher salt
- ☐ 2.5 pounds lamb chops fat removed ()
- ☐ 1 lemon zest

- ☐ 1 tablespoon maple syrup
- ☐ 0.3 cup olive oil
- ☐ 1 cup quinoa
- ☐ 6 servings salt and pepper black freshly ground

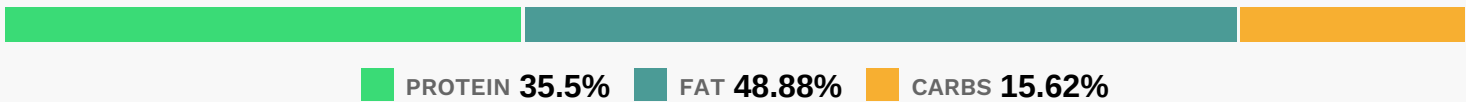
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the coating: In a medium bowl, mix together the quinoa, thyme, lemon zest, salt, and pepper. Beat the eggs in another medium bowl.
- ☐ Heat 1/4 cup olive oil in a large nonstick skillet over medium heat. Season the lamb with salt and pepper. Dip the lamb chops in the egg and then coat with the quinoa mixture, pressing lightly to help the coating stick.
- ☐ Add half the lamb chops to the pan and cook until light golden, about 5 minutes on each side for medium-rare.
- ☐ Add the remaining 2 tablespoons oil to the pan and cook the remaining chops. Allow the chops to rest for 5 minutes.
- ☐ For the sauce: In a small bowl, mix together the creme fraiche, maple syrup, and thyme until smooth. Season with salt and pepper, to taste.
- ☐ To serve, arrange the lamb chops on a platter and serve the sauce alongside.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:30.125651774199%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg

Nutrients (% of daily need)

Calories: 610.77kcal (30.54%), Fat: 32.74g (50.38%), Saturated Fat: 11.11g (69.42%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 20.86g (7.59%), Sugar: 3.4g (3.78%), Cholesterol: 220.15mg (73.38%), Sodium: 2471.55mg (107.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.51g (107.01%), Vitamin B12: 5.58µg (92.95%), Zinc: 10.06mg (67.06%), Phosphorus: 590.74mg (59.07%), Vitamin B2: 0.99mg (58.17%), Vitamin B3: 10.18mg (50.92%), Vitamin B6: 0.97mg (48.38%), Manganese: 0.79mg (39.46%), Selenium: 26.52µg (37.89%), Iron: 6.5mg (36.1%), Magnesium: 112.38mg (28.09%), Copper: 0.5mg (25.11%), Potassium: 858.67mg (24.53%), Vitamin B1: 0.35mg (23.16%), Vitamin B5: 2.26mg (22.6%), Folate: 63.15µg (15.79%), Vitamin E: 2.29mg (15.28%), Fiber: 2.67g (10.68%), Calcium: 104.65mg (10.46%), Vitamin A: 498.15IU (9.96%), Vitamin C: 7.51mg (9.1%), Vitamin K: 6.47µg (6.17%), Vitamin D: 0.29µg (1.96%)