



Sizzled lamb with Mexican salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g vine ripened tomato ripe
- ☐ 1 small onion red
- ☐ 1 to 5 chilies red
- ☐ 2 tbsp cilantro leaves fresh chopped
- ☐ 4 leg of lamb

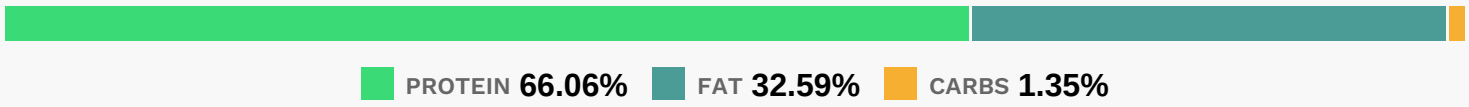
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make the salsa: Halve the tomatoes, then squeeze out and discard the seeds this seems a bit wasteful, but it really intensifies the flavour of the salsa. Finely chop the tomato flesh and onion. Halve, seed and finely chop the chilli.
- ☐ Mix the tomato, onion and chilli in a bowl with the coriander and some salt and pepper. At this point the salsa can be covered and chilled for up to 2 days, but bring it back to room temperature before serving.
- ☐ Cook the lamb: Season the lamb steaks on both sides and rub with a little olive oil. Barbecue or cook on a hot griddle for 3–4 minutes each side for medium, a little longer if you prefer your lamb well done.
- ☐ Serve each leg steak with a dollop of the salsa, new potatoes and a big crunchy salad.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:64.965217300083%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 1854.9kcal (92.75%), Fat: 64.62g (99.41%), Saturated Fat: 23.03g (143.92%), Carbohydrates: 6g (2%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.41g (3.79%), Cholesterol: 914.05mg (304.68%), Sodium: 890.82mg (38.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 294.71g (589.41%), Vitamin B12: 38.56µg (642.69%), Selenium: 335.82µg (479.75%), Vitamin B3: 89.52mg (447.61%), Zinc: 55.03mg (366.84%), Phosphorus: 2784.35mg (278.44%), Vitamin B2: 3.6mg (211.75%), Iron: 26.34mg (146.33%), Vitamin B1: 2.04mg (136.23%), Vitamin B6: 2.57mg (128.41%), Potassium: 4353.07mg (124.37%), Vitamin B5: 10.4mg (103.96%), Magnesium: 397.88mg (99.47%), Copper: 1.86mg (93.11%), Folate: 345.8µg (86.45%), Vitamin C: 26.82mg (32.51%), Vitamin E: 3.57mg (23.78%), Manganese: 0.47mg (23.57%), Vitamin A: 641.77IU (12.84%), Calcium: 99.98mg (10%), Vitamin K: 7.24µg (6.9%), Fiber: 1.39g (5.57%)