



 **100%**
HEALTH SCORE

Spice Rubbed Lamb Chops Hoisin and with Grilled Bok Choy Salad

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1373 kcal

SAUCE

Ingredients

- ☐ 3 large heads bok choy halved
- ☐ 3 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 0.5 teaspoon chile de árbol
- ☐ 1 teaspoons chile sauce such as sriracha hot
- ☐ 2 tablespoons fish sauce
- ☐ 1 cup cilantro leaves fresh for garnish

- ☐ 1 cup mint leaves fresh for garnish
- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon ground coriander
- ☐ 2 tablespoons ground ginger
- ☐ 1 cup hoisin sauce
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 12 double-cut baby lamb chops
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 2 tablespoons rice vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons ground star anise

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

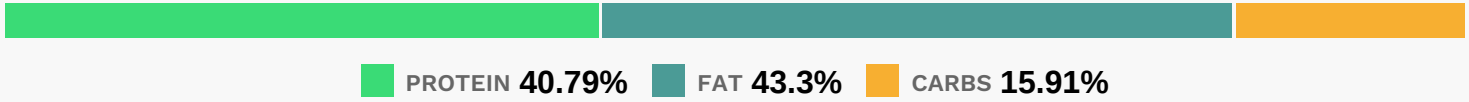
Directions

- ☐ Combine the anise, ginger, coriander, garlic powder and chile de arbol in a bowl. Rub the spice mix onto the lamb chops.
- ☐ Heat a charcoal grill for direct heat or a gas grill for high heat.
- ☐ Brush the lamb with canola oil and sprinkle with salt and pepper. Grill the lamb until slightly charred on all sides and cooked to medium-rare, about 8 minutes total.
- ☐ Brush the lamb with the hoisin just before removing from the grill.
- ☐ Brush the bok choy with canola oil and sprinkle with salt and pepper. Grill the bok choy, cut-side down for about 4 minutes; flip, and grill another few minutes until the stems are crisp-tender. Chop the bok choy coarsely and put in a bowl.
- ☐ Whisk the fish sauce, vinegar, lime juice, chile sauce and soy sauce and sprinkle with salt and pepper in a bowl.

- ☐
- Whisk in the canola and sesame oil. Toss the vinaigrette with the grilled bok choy salad; taste and season with salt and pepper.

☐☐

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:78.027391350788%

Flavonoids

Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.12mg, Apigenin: 2.12mg, Apigenin: 2.12mg, Apigenin: 2.12mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 27.28mg, Kaempferol: 27.28mg, Kaempferol: 27.28mg, Kaempferol: 27.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 15.11mg, Quercetin: 15.11mg, Quercetin: 15.11mg, Quercetin: 15.11mg

Nutrients (% of daily need)

Calories: 1373.16kcal (68.66%), Fat: 66.2g (101.84%), Saturated Fat: 17g (106.28%), Carbohydrates: 54.71g (18.24%), Net Carbohydrates: 43.09g (15.67%), Sugar: 27.25g (30.28%), Cholesterol: 387.88mg (129.29%), Sodium: 2683.88mg (116.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.3g (280.59%), Vitamin A: 29091.12IU (581.82%), Vitamin C: 291.67mg (353.54%), Vitamin K: 317.88µg (302.74%), Vitamin B12: 14.52µg (242.04%), Vitamin B6: 3.51mg (175.39%), Zinc: 25.84mg (172.25%), Vitamin B3: 31.01mg (155.06%), Vitamin B2: 2.58mg (151.78%), Phosphorus: 1398.19mg (139.82%), Manganese: 2.49mg (124.43%), Iron: 21.35mg (118.6%), Folate: 454.26µg (113.57%), Potassium: 3582.38mg (102.35%), Calcium: 839.77mg (83.98%), Selenium: 56.8µg (81.15%), Magnesium: 305.08mg (76.27%), Vitamin B1: 0.92mg (61.27%), Copper: 1.16mg (58.14%), Vitamin B5: 5.27mg (52.67%), Fiber: 11.62g (46.49%), Vitamin E: 5.2mg (34.66%)