



 **58%**
HEALTH SCORE

Spiced Lamb Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons ground cumin seeds toasted
- 1.5 tablespoons ground coriander seeds toasted
- 4 servings salt and fresh-ground pepper black
- 8 lamb loin chops thick fat trimmed (each)
- 1 tablespoon olive oil

Equipment

- bowl
- frying pan

- oven
- kitchen thermometer

Directions

- In a small bowl, mix cumin and coriander.
- Rinse lamb and pat dry.
- Sprinkle chops generously on both sides with salt and pepper, then coat both sides with spice mixture, patting so it adheres.
- Pour olive oil into a 12-inch ovenproof frying pan over medium-high heat. When hot, set lamb chops slightly apart in pan; cook, turning once, until well browned on both sides, 3 to 4 minutes total (take care not to scorch spices).
- Transfer pan to a 325 regular or convection oven and bake until an instant-read thermometer inserted horizontally into center of lamb reaches 125 for rare, 7 to 8 minutes, or 135 for medium-rare, 9 to 10 minutes.

Nutrition Facts

PROTEIN 53.21% **FAT 44.46%** **CARBS 2.33%**

Properties

Glycemic Index:9.25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:23.823043253111%

Nutrients (% of daily need)

Calories: 368.4kcal (18.42%), Fat: 17.76g (27.33%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.05g (0.06%), Cholesterol: 149.16mg (49.72%), Sodium: 158.21mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.83g (95.66%), Vitamin B12: 4.99µg (83.24%), Selenium: 53.95µg (77.07%), Vitamin B3: 14.86mg (74.28%), Zinc: 7.41mg (49.38%), Phosphorus: 448.45mg (44.85%), Iron: 6.14mg (34.14%), Vitamin B2: 0.53mg (31.34%), Vitamin B1: 0.31mg (20.83%), Vitamin B6: 0.39mg (19.71%), Potassium: 689.11mg (19.69%), Magnesium: 75.61mg (18.9%), Copper: 0.33mg (16.42%), Vitamin B5: 1.49mg (14.93%), Folate: 54.48µg (13.62%), Manganese: 0.18mg (8.88%), Vitamin E: 1.01mg (6.73%), Calcium: 61.84mg (6.18%), Fiber: 1.05g (4.19%), Vitamin K: 2.39µg (2.28%)