



Spiced Lamb Chops

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 teaspoon cumin seeds
- ☐ 2 small chilies dried stemmed (such as chiles de árbol)
- ☐ 2 teaspoons fennel seeds
- ☐ 2 teaspoons ginger fresh finely grated peeled
- ☐ 8 lamb rib chops fat trimmed (each)
- ☐ 1 sprigs mint leaves fresh (for garnish)
- ☐ 0.3 cup yogurt plain

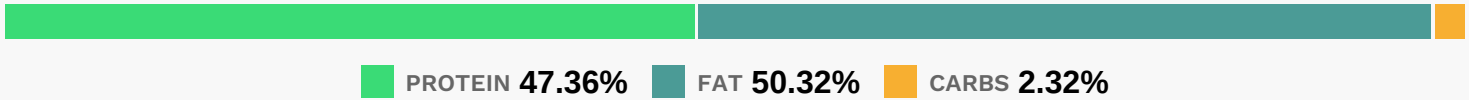
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Combine first 5 ingredients in small skillet. Stir over medium heat until spices are aromatic and slightly darker in color, about 3 minutes.
- ☐ Transfer spices to bowl and cool. Grind spices to coarse powder in spice mill.
- ☐ Combine spices, yogurt, and ginger in 11 x 7 x 2- inch glass baking dish.
- ☐ Add lamb chops and turn to coat with mixture.
- ☐ Let marinate 30 minutes.
- ☐ Preheat broiler. Line rimmed baking sheet with foil. Arrange chops on baking sheet. Broil lamb to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer 2 lamb chops to each of 4 plates. Spoon drained Pickled Red Onions alongside each; garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:22.911304819195%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 402.19kcal (20.11%), Fat: 21.82g (33.56%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.08g (1.2%), Cholesterol: 151.81mg (50.6%), Sodium: 174.32mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.19g (92.39%), Vitamin B12: 5.45µg (90.91%), Selenium: 50.9µg (72.72%), Vitamin B3: 13.45mg (67.23%), Zinc: 8.78mg (58.54%), Phosphorus: 437.18mg (43.72%), Vitamin B2: 0.49mg (28.86%), Iron: 4.36mg (24.23%), Potassium: 670.33mg (19.15%), Vitamin B1: 0.29mg (19.02%), Vitamin B6: 0.38mg (18.99%), Magnesium: 65.95mg (16.49%), Vitamin B5: 1.56mg (15.58%), Copper: 0.28mg (13.75%), Folate: 49.51µg (12.38%), Manganese: 0.18mg (8.97%), Calcium: 70.54mg (7.05%), Vitamin E: 0.47mg (3.14%), Fiber: 0.63g (2.53%), Vitamin A: 106.26IU (2.13%)