



Spiced Lamb Chops and Smashed Peas

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 4 servings kosher salt and pepper
- ☐ 8 lamb chops
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 cups peas frozen thawed
- ☐ 2 pieces pita bread lightly toasted

☐ 4 shallots chopped

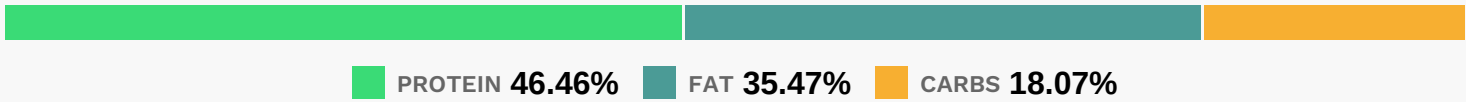
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher

Directions

- ☐ Heat oven to 400 F.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat.Season the chops with the curry powder, 3/4 teaspoon salt, and 3/4 teaspoon pepper. Working in batches, brown the chops in the skillet, 2 minutes per side.
- ☐ Transfer to a baking sheet. Roast to the desired doneness, 4 to 6 minutes for medium-rare.Wipe out skillet.
- ☐ Heat remaining oil over medium heat.
- ☐ Add the shallots and cook for 3 minutes.
- ☐ Add the peas and gently smash with the back of a fork or a potato masher. Cook until heated through.
- ☐ Remove skillet from heat and stir in the lemon juice, mint, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Serve with the lamb and pita bread.Tip: Any kind of lamb chop -- rib (shown), loin, or shoulder -- will work in this recipe. If you opt for shoulder chops, plan on cooking only one per person, since they are meatier than the others.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:19.75, Inflammation Score:-8, Nutrition Score:46.850869842198%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 816.91kcal (40.85%), Fat: 31.49g (48.44%), Saturated Fat: 10.67g (66.68%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 28.22g (10.26%), Sugar: 8.21g (9.12%), Cholesterol: 257.21mg (85.74%), Sodium: 552.84mg (24.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.79g (185.59%), Vitamin B12: 9.65µg (160.88%), Zinc: 17.49mg (116.57%), Vitamin B3: 20.29mg (101.44%), Phosphorus: 879.63mg (87.96%), Vitamin B2: 1.45mg (85.4%), Vitamin B6: 1.68mg (84%), Vitamin C: 46.92mg (56.88%), Iron: 10.05mg (55.83%), Vitamin B1: 0.79mg (52.7%), Selenium: 35.03µg (50.04%), Potassium: 1471.17mg (42.03%), Copper: 0.79mg (39.63%), Manganese: 0.74mg (36.79%), Vitamin B5: 3.3mg (33%), Magnesium: 129.52mg (32.38%), Fiber: 7.89g (31.55%), Vitamin K: 31.88µg (30.36%), Folate: 88.6µg (22.15%), Vitamin A: 891.12IU (17.82%), Calcium: 105.62mg (10.56%), Vitamin E: 1.27mg (8.49%)