



Spiced Lamb Chops with Chickpea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce chickpeas canned
- ☐ 0.8 flat-leaf parsley
- ☐ 0.8 cup mint leaves fresh
- ☐ 1 clove garlic crushed
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground paprika

- ☐ 1 juice of lemon
- ☐ 1 teaspoon kosher salt
- ☐ 3 pounds lamb loin chops
- ☐ 5 tablespoons olive oil
- ☐ 4 plum tomatoes
- ☐ 1 small onion red thinly sliced into half-moons
- ☐ 2 teaspoons citrus champagne vinegar

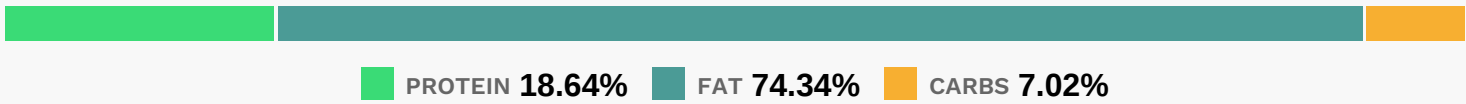
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Drain the chickpeas. Slice the tomatoes into 1/2-inch-thick wedges. In a medium bowl, combine the chickpeas, tomatoes, onion, parsley, mint, 3 tablespoons of the oil, the lemon zest and juice, vinegar, garlic, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Toss and set aside. In a small bowl, combine the cumin, coriander, paprika, and the remaining salt and pepper. Lightly coat both sides of each chop with the spice mixture.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat.
- ☐ Place half the chops in the pan and brown for 2 to 3 minutes per side for medium-rare.
- ☐ Transfer to a plate and repeat with the remaining chops.
- ☐ Serve with the chickpea salad. Tip: For bolder flavor, use hot or smoked paprika (available at gourmet stores).

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:5.37, Inflammation Score:-8, Nutrition Score:41.666086735933%

Flavonoids

Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 1348.74kcal (67.44%), Fat: 111.12g (170.95%), Saturated Fat: 42.75g (267.18%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 15.94g (5.8%), Sugar: 3.08g (3.42%), Cholesterol: 251.74mg (83.91%), Sodium: 1088.29mg (47.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.69g (125.38%), Vitamin B12: 6.94µg (115.67%), Vitamin B3: 22.86mg (114.3%), Selenium: 67.2µg (95.99%), Zinc: 9.78mg (65.22%), Phosphorus: 650.61mg (65.06%), Manganese: 1.3mg (64.76%), Vitamin B6: 1.09mg (54.31%), Iron: 8.96mg (49.76%), Vitamin B2: 0.79mg (46.46%), Potassium: 1191.73mg (34.05%), Magnesium: 129.2mg (32.3%), Copper: 0.64mg (31.84%), Vitamin B1: 0.47mg (31.31%), Fiber: 7.68g (30.73%), Folate: 111.69µg (27.92%), Vitamin B5: 2.62mg (26.2%), Vitamin E: 3.68mg (24.56%), Vitamin A: 1174.91IU (23.5%), Vitamin C: 17.1mg (20.73%), Vitamin K: 19.52µg (18.59%), Calcium: 150.34mg (15.03%)