



Spiced Lamb Chops with Mint-Mango Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 1 tablespoon kosher salt
- ☐ 2 cups mint leaves fresh
- ☐ 2 garlic clove chopped
- ☐ 4 spring onion cut into 1-inch pieces
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.5 tablespoons ground coriander
- ☐ 1.5 tablespoons ground cumin
- ☐ 16 lamb loin chops 1-inch-thick
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 pound mangos ripe peeled seeded
- ☐ 16 servings mint leaves fresh
- ☐ 0.3 cup olive oil
- ☐ 2 serrano chiles halved seeded
- ☐ 1 teaspoon turmeric

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Blend all ingredients in processor until smooth.
- ☐ Transfer to small bowl. Season with salt. Cover and chill. (Can be made 1 day ahead.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk first 8 ingredients in small bowl.
- ☐ Mix oil and garlic in another bowl.
- ☐ Brush chops on both sides with oil mixture, then press chops into spice mixture to coat both sides. Grill chops to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer to platter.
- ☐ Garnish with mint sprigs.
- ☐ Serve warm or at room temperature with sauce.

Nutrition Facts



Properties

Glycemic Index:10.36, Glycemic Load:4.03, Inflammation Score:-9, Nutrition Score:15.310434652411%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Eriodictyol: 2.09mg, Eriodictyol: 2.09mg, Eriodictyol: 2.09mg, Eriodictyol: 2.09mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 425.87kcal (21.29%), Fat: 34g (52.3%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 8.89g (3.23%), Sugar: 7.93g (8.81%), Cholesterol: 83.62mg (27.87%), Sodium: 503.9mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.89%), Vitamin B3: 7.89mg (39.44%), Vitamin B12: 2.31µg (38.42%), Selenium: 21.94µg (31.35%), Vitamin C: 24.57mg (29.78%), Zinc: 3.07mg (20.46%), Vitamin A: 966.55IU (19.33%), Phosphorus: 192.27mg (19.23%), Vitamin B2: 0.28mg (16.73%), Iron: 2.86mg (15.89%), Folate: 53.62µg (13.41%), Manganese: 0.25mg (12.31%), Vitamin B6: 0.24mg (12.03%), Potassium: 411.24mg (11.75%), Copper: 0.22mg (11.01%), Vitamin K: 10.91µg (10.39%), Vitamin B1: 0.15mg (10.27%), Magnesium: 39.96mg (9.99%), Vitamin B5: 0.86mg (8.55%), Vitamin E: 1.27mg (8.49%), Fiber: 1.98g (7.92%), Calcium: 53.87mg (5.39%)