



Spiced Lamb Chops with Rosemary Crumbs



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.5 cup garlic croutons plain
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 frenched lamb racks of
- ☐ 1 teaspoon lemon zest

☐ 3 tablespoons olive oil

Equipment

☐ food processor

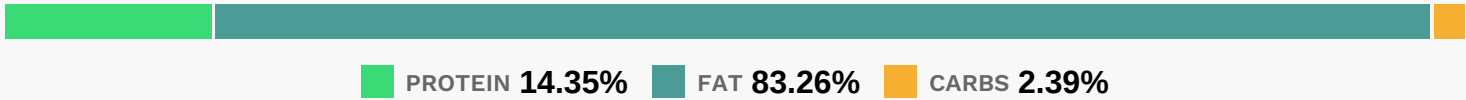
☐ bowl

☐ grill

Directions

- ☐ Put lamb in a large bowl.
- ☐ Add oil, garlic, spices, 1/2 tsp. salt, and 1/2 tsp. rosemary, tossing to coat evenly. Chill, covered, at least 1 hour and up to 1 day ahead.
- ☐ Pulse croutons, lemon zest, and remaining salt and rosemary in a food processor into coarse crumbs.
- ☐ Heat grill to high heat (450 to 550). Grill lamb, turning once, 6 to 8 minutes for medium rare.
- ☐ Sprinkle with crumb mixture.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:9.1647826765219%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 417.81kcal (20.89%), Fat: 38.42g (59.11%), Saturated Fat: 15.64g (97.75%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.08g (0.09%), Cholesterol: 75.45mg (25.15%), Sodium: 289.65mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Vitamin B12: 2.08µg (34.58%), Vitamin B3: 6.1mg (30.52%), Selenium: 17.72µg (25.32%), Zinc: 2.78mg (18.56%), Phosphorus: 147.82mg (14.78%), Vitamin B2: 0.2mg (11.6%), Vitamin B6: 0.2mg (9.9%), Iron: 1.61mg (8.95%), Vitamin B1: 0.11mg (7.63%), Manganese: 0.14mg (7.03%), Vitamin B5: 0.66mg (6.59%), Potassium: 220.63mg (6.3%), Copper: 0.11mg (5.59%), Vitamin E: 0.79mg

(5.29%), Magnesium: 20.39mg (5.1%), Folate: 14.16µg (3.54%), Vitamin C: 2.5mg (3.04%), Calcium: 29.87mg (2.99%), Vitamin K: 2.65µg (2.53%)