



Spicy Moroccan chops

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 to lamb shoulder blade chops
- ☐ 4 tsp harissa
- ☐ 1 handful cilantro leaves
- ☐ 4 servings couscous

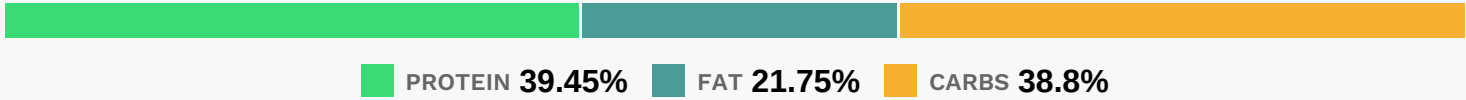
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Coat the chops with harissa, then leave to marinate for 15 mins.
- ☐ Heat the grill to high, place chops on the grill pan, then cook for 4 mins on each side. Rest for 1 min and serve sprinkled with chopped coriander, if using.
- ☐ Serve with some rice or couscous.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:29.19, Inflammation Score:-3, Nutrition Score:22.547391469064%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 522.39kcal (26.12%), Fat: 12.22g (18.8%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 45.79g (16.65%), Sugar: 0.67g (0.75%), Cholesterol: 128.6mg (42.87%), Sodium: 173.52mg (7.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.72%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.41mg (56.07%), Vitamin B3: 10.92mg (54.58%), Phosphorus: 467.06mg (46.71%), Vitamin B2: 0.69mg (40.53%), Vitamin B6: 0.77mg (38.68%), Manganese: 0.51mg (25.53%), Iron: 4.48mg (24.89%), Selenium: 16.4µg (23.43%), Vitamin B5: 2.27mg (22.74%), Copper: 0.42mg (21.18%), Vitamin B1: 0.31mg (20.7%), Potassium: 662.23mg (18.92%), Magnesium: 67.48mg (16.87%), Fiber: 3.25g (12.99%), Calcium: 36.22mg (3.62%), Folate: 13.47µg (3.37%), Vitamin K: 3.36µg (3.2%), Vitamin A: 101.48IU (2.03%), Vitamin C: 1.07mg (1.3%)