



Spicy Sticky Lamb Chops

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 4 teaspoons canola oil
- ☐ 1.5 teaspoons coriander seeds
- ☐ 1.5 teaspoons fennel seeds
- ☐ 4 teaspoons garlic minced
- ☐ 4 teaspoons ginger finely grated
- ☐ 0.5 teaspoon hot sauce (or as much hot sauce as you like. I like it mild, so you may want more) (recommended: Sriracha)

- ☐ 2 teaspoons kosher salt
- ☐ 8 lamb loin chops
- ☐ 2 teaspoons brown sugar light
- ☐ 0.3 cup yogurt plain
- ☐ 0.3 cup tomato paste

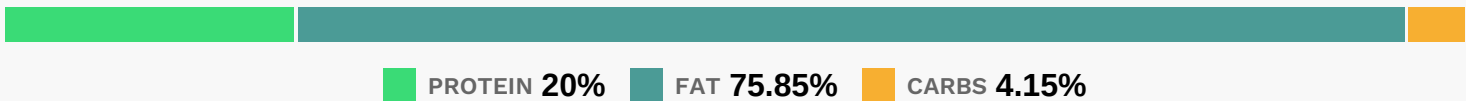
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 475 degrees F.
- ☐ Toast the coriander and fennel seeds in small pan over a medium flame, shaking every 30 seconds so they don't burn. Once they've given off a lovely aroma and have turned a darker tone, remove from the hot pan and cool completely on a plate. Then throw them into your spice grinder and grind to a fine powder.
- ☐ Mix the spices with the yogurt, tomato paste, ginger, garlic, hot sauce, brown sugar, salt, a healthy few grinds of freshly ground black pepper, apple cider vinegar, and oil. Taste and season according to your palate.
- ☐ Cover each chop with the marinade, rubbing it into the meat and fat. You can marinate overnight, a few hours, or just 30 minutes. I've done all three and it tastes great every way.
- ☐ Bake the chops in a 9- by 13-inch baking dish until the lamb is cooked to medium-rare, or to your liking, 15 to 20 minutes.
- ☐ Remove from the oven and allow to rest, tented with foil, for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:22.727391143532%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 777.79kcal (38.89%), Fat: 65.04g (100.06%), Saturated Fat: 27.23g (170.18%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.6g (2.4%), Sugar: 4.72g (5.25%), Cholesterol: 169.23mg (56.41%), Sodium: 1441.26mg (62.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.15%), Vitamin B12: 4.67µg (77.78%), Vitamin B3: 15.24mg (76.2%), Selenium: 44.59µg (63.7%), Zinc: 6.02mg (40.14%), Phosphorus: 384.04mg (38.4%), Vitamin B2: 0.53mg (31.22%), Iron: 4.5mg (24.99%), Potassium: 721.82mg (20.62%), Vitamin B6: 0.38mg (18.99%), Vitamin B1: 0.27mg (18.3%), Copper: 0.33mg (16.53%), Magnesium: 63.62mg (15.9%), Vitamin B5: 1.53mg (15.33%), Vitamin E: 1.83mg (12.2%), Manganese: 0.23mg (11.46%), Folate: 41.83µg (10.46%), Calcium: 81.31mg (8.13%), Vitamin C: 5.39mg (6.53%), Fiber: 1.41g (5.66%), Vitamin A: 267.52IU (5.35%), Vitamin K: 4.98µg (4.74%)