



 **69%**
HEALTH SCORE

Spring Lamb Chops on Oyster Mushrooms

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1.5 cups couscous hot cooked
- 3 tablespoons cooking wine dry red
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon rosemary fresh finely chopped
- 0.5 teaspoon kosher salt divided
- 16 ounce lamb rib chops thick trimmed (2 inches)
- 1 tablespoon olive oil

- 1 pound oyster mushrooms trimmed cut into 1/2-inch-wide strips
- 2 tablespoons mustard stone-ground
- 1 teaspoon or dried fresh chopped

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 425
- Sprinkle lamb with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Combine mustard, rosemary, and thyme. Rub lamb with half of mustard mixture.
- Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, remaining mustard mixture, wine, and oil in a large bowl.
- Add mushrooms; toss well.
- Place lamb on the rack of a broiler pan or roasting pan coated with cooking spray. Spoon mushroom mixture into bottom of pan coated with cooking spray; place rack in pan over mushrooms. Insert a meat thermometer into the thickest part of 1 chop.
- Bake at 425 for 25 minutes or until thermometer registers 140, stirring mushroom mixture after 12 minutes.
- Place 1 lamb chop on each of 2 plates; keep warm.
- Remove rack from pan; add broth to mushroom mixture in pan.
- Place pan over medium-high heat; cook 5 minutes or until liquid almost evaporates.
- Serve lamb with mushroom mixture and couscous.

Nutrition Facts



■ PROTEIN **34.58%** ■ FAT **39.68%** ■ CARBS **25.74%**

Properties

Glycemic Index:64.5, Glycemic Load:16.81, Inflammation Score:-8, Nutrition Score:41.646086853483%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 685.93kcal (34.3%), Fat: 29.77g (45.8%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 35.5g (12.91%), Sugar: 2.95g (3.27%), Cholesterol: 149.69mg (49.9%), Sodium: 1189.26mg (51.71%), Alcohol: 2.36g (100%), Alcohol %: 0.44% (100%), Protein: 58.37g (116.75%), Selenium: 95.25µg (136.07%), Vitamin B3: 26.2mg (130.98%), Vitamin B12: 5.51µg (91.85%), Vitamin B2: 1.3mg (76.66%), Phosphorus: 733.46mg (73.35%), Zinc: 10.83mg (72.17%), Vitamin B5: 4.97mg (49.74%), Potassium: 1678.96mg (47.97%), Iron: 8.35mg (46.37%), Copper: 0.89mg (44.48%), Vitamin B1: 0.67mg (44.37%), Folate: 155.63µg (38.91%), Vitamin B6: 0.7mg (34.91%), Fiber: 7.96g (31.85%), Manganese: 0.59mg (29.63%), Magnesium: 117.59mg (29.4%), Vitamin K: 13.95µg (13.28%), Vitamin E: 1.69mg (11.25%), Vitamin D: 1.59µg (10.58%), Calcium: 70.42mg (7.04%), Vitamin A: 170.49IU (3.41%)