

Lamb Chops and Fresh Persimmon Chutney

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-persimmon-chutney>

Ingredients:

- 2 Fuyu persimmon firm-ripe, 12 oz total, peeled with a knife, cored, seeded if necessary, and cut into 1/4-inch dice
- 1/4 cup sweet onion finely chopped
- 1 teaspoon peeled fresh ginger finely grated
- 1 chile small fresh jalapeño, seeded and minced
- 2 tablespoons fresh lime juice
- 1/4 teaspoon salt
- 4 loin lamb chops 1-inch-thick
- 2 teaspoons olive oil

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Protein: 21 grams
6. SaturatedFat: 8 grams
7. Sodium: 260 milligrams

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