

Indian Lamb Cutlets

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-lamb-cutlet-recipe>

Ingredients:

- 1/2 cup Parmesan finely grated
- 1 tablespoon curry powder we used Schwartz Mild Curry Powder
- 4 lamb cutlets
- 1 tablespoon olive oil
- tomato chutney to serve

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 210 milligrams
9. Sugar: 10 grams

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