



## Diced Lamb with Roasted Vegetables and Couscous

 Very Healthy

READY IN



110 min.

SERVINGS



2

CALORIES



1553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 chile pepper hot minced
- 10 ounce couscous
- 1 eggplant cubed peeled
- 0.3 cup mint leaves fresh chopped
- 1 sprig rosemary fresh chopped
- 1 clove garlic minced

- 2 green onions chopped
- 1 juice of lime juiced
- 2 juice of lime juiced
- 0.8 pound lamb loins boneless cut into 1/2-inch cubes
- 6 tablespoons olive oil divided
- 1 bell pepper red cut into 1 inch pieces
- 2 servings salt and pepper to taste
- 1.5 cups water boiling
- 1 bell pepper yellow cut into 1 inch pieces

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- Combine rosemary, mint, chile pepper, garlic, the juice from 2 of the limes, 2 tablespoons of the olive oil, and salt and pepper to taste.
- Add the lamb and coat well with the marinade; marinate at least 1 hour and up to overnight in the refrigerator.
- Preheat oven to 350 degrees F (175 degrees C).
- Combine the eggplant, red and yellow peppers, and onions with 3 tablespoons olive oil; toss to coat.
- Place vegetables on a large baking sheet in a single layer and roast until tender, about 20 minutes.
- Heat 1 tablespoon olive oil in skillet over medium heat.
- Remove lamb from marinade (discard marinade); cook and stir until no longer pink, about 10 minutes.
- Meanwhile, melt butter in a small saucepan over medium heat.

- Add couscous; stir briefly to coat well.
- Add water; cook and stir until just boiling. Cover; set aside until all the water is absorbed, about 10 minutes. Fluff couscous with a fork, and stir in the juice of 1 lime.
- Serve lamb and vegetables over couscous.

## Nutrition Facts

■ PROTEIN **13.03%**
■ FAT **51.48%**
■ CARBS **35.49%**

### Properties

Glycemic Index:142, Glycemic Load:70.52, Inflammation Score:-10, Nutrition Score:50.374782805857%

### Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 2.72mg, Eriodictyol: 2.72mg, Eriodictyol: 2.72mg, Eriodictyol: 2.72mg Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

### Nutrients (% of daily need)

Calories: 1553.23kcal (77.66%), Fat: 89.34g (137.44%), Saturated Fat: 27.06g (169.11%), Carbohydrates: 138.57g (46.19%), Net Carbohydrates: 121.51g (44.19%), Sugar: 12.83g (14.26%), Cholesterol: 139.22mg (46.41%), Sodium: 378.05mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.88g (101.76%), Vitamin C: 240.74mg (291.8%), Manganese: 1.97mg (98.35%), Vitamin B3: 18.2mg (91%), Fiber: 17.06g (68.24%), Vitamin K: 71.11µg (67.73%), Vitamin B12: 3.94µg (65.69%), Phosphorus: 621.26mg (62.13%), Vitamin E: 8.5mg (56.66%), Vitamin A: 2806.43IU (56.13%), Zinc: 7.84mg (52.26%), Vitamin B6: 1.01mg (50.35%), Selenium: 33.42µg (47.74%), Potassium: 1587.73mg (45.36%), Copper: 0.88mg (44.2%), Folate: 176.26µg (44.07%), Magnesium: 162.44mg (40.61%), Vitamin B1: 0.6mg (39.89%), Vitamin B2: 0.67mg (39.57%), Vitamin B5: 3.95mg (39.45%), Iron: 6.23mg (34.59%), Calcium: 134.73mg (13.47%), Vitamin D: 0.17µg (1.13%)