



Eggplant and Lamb Stew

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 2 tablespoons butter
- ☐ 2 large eggplants peeled chopped
- ☐ 10 cloves garlic chopped
- ☐ 2 bell peppers green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1.5 pounds lamb shoulder
- ☐ 2 large onions chopped

- ☐ 2 teaspoons salt
- ☐ 1 tablespoon tomato paste
- ☐ 2 large tomatoes chopped
- ☐ 0.5 cup water

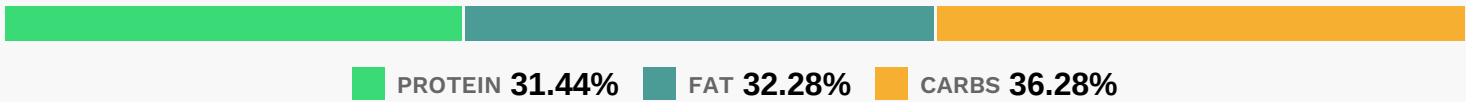
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, melt the butter over medium heat, and brown the lamb on all sides.
- ☐ Mix in the eggplants, tomatoes, onions, green bell peppers, and garlic. Cook and stir until tender and lightly browned.
- ☐ In a small bowl, blend the tomato paste and water.
- ☐ Mix into the pot with the lamb. Season lamb with allspice, salt, and pepper. Reduce heat, and simmer about 1 1/2 hours, stirring occasionally, until the meat shreds easily with a fork.
- ☐ Add a little water as necessary to keep the ingredients moist.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:3.8, Inflammation Score:-8, Nutrition Score:19.876087043596%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 216.13kcal (10.81%), Fat: 8.09g (12.45%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 13.26g (4.82%), Sugar: 10.44g (11.6%), Cholesterol: 55.76mg (18.59%), Sodium: 886.96mg (38.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Vitamin C: 49.54mg (60.04%), Manganese: 0.7mg (34.97%), Vitamin B12: 1.92µg (31.92%), Vitamin B3: 6.02mg (30.09%), Fiber: 7.2g (28.81%), Potassium: 897.12mg (25.63%), Selenium: 17.85µg (25.5%), Vitamin B6: 0.5mg (25.12%), Zinc: 3.54mg (23.59%), Phosphorus: 218.4mg (21.84%), Folate: 74.09µg (18.52%), Vitamin A: 849.59IU (16.99%), Copper: 0.32mg (16.14%), Vitamin B2: 0.27mg (15.82%), Vitamin B1: 0.23mg (15.06%), Magnesium: 58.57mg (14.64%), Vitamin K: 14.53µg (13.84%), Iron: 2.23mg (12.37%), Vitamin B5: 1.14mg (11.42%), Vitamin E: 1.33mg (8.87%), Calcium: 59.73mg (5.97%)