



Greek Lamb over Roasted Eggplant

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 pound eggplants
- 2 ounces feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 2 garlic cloves minced
- 0.3 teaspoon ground allspice
- 0.8 teaspoon ground cinnamon
- 1 pound lamb lean

- 1.3 cups onion diced
- 29 ounce petite-cut tomatoes diced undrained canned
- 0.3 teaspoon salt

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- Cut eggplants into 1/2-inch-thick slices.
- Place 18 slices on a large baking sheet coated with cooking spray. Lightly coat eggplant with cooking spray.
- Cut remaining eggplant slices into 1/2-inch cubes.
- Bake eggplant slices at 350 for 33 minutes or until lightly browned, turning once.
- While eggplant bakes, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add cubed eggplant, and saut 7 minutes or until tender and lightly browned.
- Remove eggplant from pan; set aside.
- Add lamb, onion, and garlic to pan; cook 8 minutes or until lamb is browned, stirring to crumble lamb.
- Drain mixture; return to pan.
- Stir in cinnamon and next 3 ingredients; cook 1 minute.
- Add tomatoes and cubed eggplant; reduce heat, and simmer 3 minutes. Stir in mint. Spoon sauce over roasted eggplant slices. Top evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:5.02, Inflammation Score:-7, Nutrition Score:14.440434880879%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 316.71kcal (15.84%), Fat: 18.41g (28.33%), Saturated Fat: 8.89g (55.57%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 15.25g (5.55%), Sugar: 12.8g (14.22%), Cholesterol: 63.6mg (21.2%), Sodium: 448.87mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.11%), Manganese: 0.75mg (37.56%), Fiber: 8.05g (32.21%), Potassium: 819.92mg (23.43%), Vitamin C: 19.28mg (23.37%), Vitamin B6: 0.43mg (21.41%), Copper: 0.4mg (20.07%), Iron: 3.47mg (19.29%), Folate: 62.44µg (15.61%), Vitamin E: 2.2mg (14.66%), Vitamin B3: 2.83mg (14.16%), Magnesium: 55.83mg (13.96%), Calcium: 130.97mg (13.1%), Vitamin B2: 0.22mg (13.06%), Vitamin B1: 0.2mg (13.02%), Vitamin K: 13.23µg (12.6%), Phosphorus: 124.91mg (12.49%), Vitamin B5: 0.95mg (9.53%), Vitamin A: 442.91IU (8.86%), Zinc: 0.98mg (6.52%), Selenium: 3.02µg (4.31%), Vitamin B12: 0.16µg (2.66%)