



Honey-Rosemary Lamb Sandwich

READY IN



25 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 oz baby spinach leaves rinsed
- 3 ounces chèvre fresh (goat cheese)
- 2 teaspoons rosemary leaves dried fresh finely chopped
- 2 cloves garlic minced pressed
- 0.3 cup honey
- 1.5 pounds lamb lean
- 8 oz onion chopped
- 6 servings salt and pepper
- 18 oz flat sandwich rolls split such as ciabatta or sourdough,

15 oz tomato purée canned

Equipment

frying pan

wooden spoon

slotted spoon

Directions

In a 10- to 12-inch frying pan over high heat, crumble lamb with a wooden spoon, stirring often until lightly browned, about 8 minutes.

Remove meat with a slotted spoon and discard all but 1 tablespoon fat from pan.

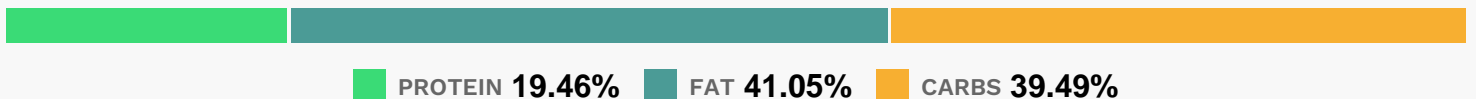
Return meat to pan; add onion and garlic. Stir occasionally until onion begins to brown, about 4 minutes.

Add tomato pure, honey, and rosemary; stir occasionally until hot, about 2 minutes.

Add salt and pepper to taste.

Set roll bottoms on plates and spread with goat cheese; cover with baby spinach leaves. Spoon lamb mixture over spinach and set tops in place.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:8.44, Inflammation Score:-8, Nutrition Score:19.432608627755%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 660.23kcal (33.01%), Fat: 30.41g (46.78%), Saturated Fat: 13.89g (86.81%), Carbohydrates: 65.84g (21.95%), Net Carbohydrates: 61.63g (22.41%), Sugar: 18g (20%), Cholesterol: 89.3mg (29.77%), Sodium: 899.21mg (39.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.87%), Selenium: 34.62µg (49.45%), Vitamin K: 50.33µg (47.94%), Manganese: 0.7mg (34.87%), Iron: 5.99mg (33.3%), Vitamin B1: 0.5mg (33.09%), Folate: 117.57µg (29.39%), Vitamin B2: 0.41mg (24.18%), Vitamin A: 1186.74IU (23.73%), Vitamin B3: 4.67mg (23.35%), Copper: 0.41mg (20.37%), Fiber: 4.21g (16.83%), Phosphorus: 161.72mg (16.17%), Calcium: 155.88mg (15.59%), Vitamin C: 12.36mg (14.99%), Magnesium: 51.22mg (12.8%), Vitamin B6: 0.25mg (12.56%), Potassium: 422.73mg (12.08%), Vitamin E: 1.47mg (9.79%), Zinc: 1.28mg (8.53%), Vitamin B5: 0.71mg (7.11%)