



Lamb-and-Eggplant Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bulgur uncooked
- ☐ 2 egg whites
- ☐ 1 pound eggplant
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 teaspoons mint leaves fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 large garlic cloves minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 pound lamb lean
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 35
- ☐ Pierce eggplant with a fork; place on a baking sheet, and bake at 350 for 45 minutes or until tender.
- ☐ Let cool; peel and finely chop.
- ☐ Place a small nonstick skillet over medium-high heat until hot.
- ☐ Add onion and garlic, and saut 3 minutes or until tender.
- ☐ Combine eggplant, onion mixture, cheese, and next 9 ingredients (cheese through egg whites) in a large bowl; stir well. Crumble lamb over eggplant mixture, and stir just until ingredients are blended.
- ☐ Pack meat mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 10 minutes or until meat loaf registers 16
- ☐ Let meat loaf stand in pan 10 minutes.
- ☐ Remove meat loaf from pan; cut loaf into 12 slices.
- ☐ Serve leftover meat loaf slices in pita bread halves with cucumber slices and plain low-fat yogurt.

Nutrition Facts

PROTEIN 24.26% FAT 56.13% CARBS 19.61%

Properties

Glycemic Index:38.33, Glycemic Load:3.52, Inflammation Score:-4, Nutrition Score:7.9282607773076%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 283.05kcal (14.15%), Fat: 18.04g (27.75%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 9.89g (3.59%), Sugar: 4.05g (4.5%), Cholesterol: 63.6mg (21.2%), Sodium: 381.39mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.07%), Manganese: 0.49mg (24.3%), Vitamin K: 25.1µg (23.9%), Fiber: 4.29g (17.17%), Vitamin B2: 0.17mg (10.1%), Iron: 1.74mg (9.67%), Vitamin C: 7.69mg (9.32%), Vitamin B6: 0.18mg (8.96%), Phosphorus: 86.17mg (8.62%), Potassium: 286.53mg (8.19%), Magnesium: 30.87mg (7.72%), Folate: 30.34µg (7.58%), Calcium: 75.64mg (7.56%), Selenium: 4.14µg (5.91%), Copper: 0.11mg (5.58%), Vitamin B1: 0.08mg (5.33%), Vitamin B3: 1.06mg (5.3%), Vitamin B5: 0.46mg (4.56%), Zinc: 0.63mg (4.2%), Vitamin A: 174.14IU (3.48%), Vitamin B12: 0.17µg (2.81%), Vitamin E: 0.28mg (1.84%)