



Lamb-and-Spinach-Stuffed Onions

READY IN

ready

180 min.

SERVINGS

servings

4

CALORIES

calories

1047 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ancho chile powder
- ☐ 2 teaspoons ancho chile powder
- ☐ 1 cup beef broth
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 cup coarse bread crumbs fresh
- ☐ 2 cups coarse bread crumbs fresh
- ☐ 1 cup tomatoes canned crushed
- ☐ 0.1 teaspoon cinnamon
- ☐ 5 ounces curly-leaf spinach dried washed

- ☐ 1 pound lamb
- ☐ 0.3 cup gruyère cheese shredded
- ☐ 0.8 cup gruyère cheese shredded
- ☐ 0.3 cup heavy cream
- ☐ 4 servings oil for rubbing
- ☐ 4 servings salt
- ☐ 2 onions sweet such as vidalia or walla walla, root ends trimmed
- ☐ 1 tablespoon vegetable oil

Equipment

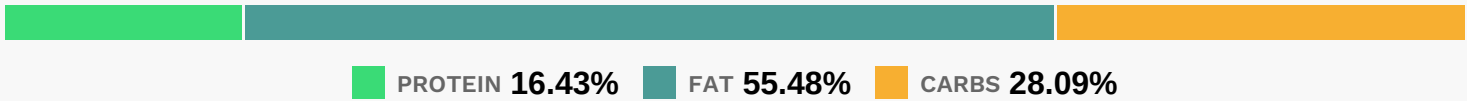
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat the oven to 35
- ☐ Put the onions in a small baking dish, root ends down, and rub with oil.
- ☐ Add 1/2 inch of water to the dish. Cover with foil and bake for about 1 1/2 hours, until tender.
- ☐ Let cool slightly.
- ☐ Meanwhile, heat a large skillet.
- ☐ Add the spinach in batches, tossing until wilted.
- ☐ Transfer to a colander and squeeze out the water. Coarsely chop the spinach.
- ☐ In the same skillet, cook the lamb over moderately high heat, breaking it up, until no pink remains, 3 minutes.
- ☐ Pour off all but 1 tablespoon of the fat and add the ancho chile powder and cinnamon. Cook over moderately high heat, stirring, for 1 minute. Stir in the spinach.

- ☐ Transfer the lamb filling to a large bowl. Stir in the bread crumbs, Gruyere, 1/4 cup of the beef broth and 1/2 cup of the crushed tomatoes.
- ☐ Cut 1/2 inch off the top and bottom of the baked onions. Separate the layers, trying not to break them. You will need 10 onion cups: some large, some medium and 2 small. Finely chop enough of the onion scraps to make 1/2 cup; fold into the lamb filling and season with salt and pepper.
- ☐ Stand the onion cups in a buttered medium baking dish. Season the insides with salt and fill with the lamb.
- ☐ In a large skillet, combine the cream with the remaining 3/4 cup of beef broth and 1/2 cup of tomatoes and bring to a boil.
- ☐ Pour the sauce over and around the onions.
- ☐ In a bowl, combine all of the ingredients. Mound the topping on the onions. Cover with foil and bake for 40 minutes, until hot. Uncover and increase the oven temperature to 42
- ☐ Bake for 5 minutes, until the topping is crisp.
- ☐ Let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:47.337826200154%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 76.35mg, Apigenin: 76.35mg, Apigenin: 76.35mg, Apigenin: 76.35mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 7.15mg, Myricetin: 7.15mg, Myricetin: 7.15mg, Myricetin: 7.15mg Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg

Nutrients (% of daily need)

Calories: 1046.61kcal (52.33%), Fat: 64.79g (99.68%), Saturated Fat: 23.82g (148.89%), Carbohydrates: 73.83g (24.61%), Net Carbohydrates: 66.23g (24.08%), Sugar: 16.51g (18.35%), Cholesterol: 135.89mg (45.3%), Sodium: 1398.46mg (60.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.33%), Vitamin K: 612.83µg (583.64%), Vitamin A: 3982.73IU (79.65%), Vitamin C: 60.74mg (73.62%), Vitamin B3: 13.75mg (68.76%), Vitamin B1: 1.01mg (67.56%), Selenium: 47.14µg (67.35%), Calcium: 608.21mg (60.82%), Phosphorus: 604.8mg (60.48%),

Vitamin B12: 3.47µg (57.89%), Manganese: 1.05mg (52.61%), Folate: 205.08µg (51.27%), Iron: 9.14mg (50.79%), Zinc: 7.08mg (47.17%), Vitamin B2: 0.78mg (45.89%), Vitamin B6: 0.64mg (31.85%), Vitamin E: 4.73mg (31.54%), Potassium: 1064.64mg (30.42%), Fiber: 7.6g (30.4%), Copper: 0.59mg (29.26%), Magnesium: 116.47mg (29.12%), Vitamin B5: 1.87mg (18.66%), Vitamin D: 0.55µg (3.66%)