



Lamb Chops with Eggplant Caponata



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings arugula for garnish
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon capers
- ☐ 0.5 small eggplant diced
- ☐ 2 cloves garlic minced
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 12 lamb loin chops
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 small onion diced
- ☐ 1 tablespoon pinenuts toasted
- ☐ 1 teaspoon rosemary finely chopped
- ☐ 1 tomatoes diced seeded

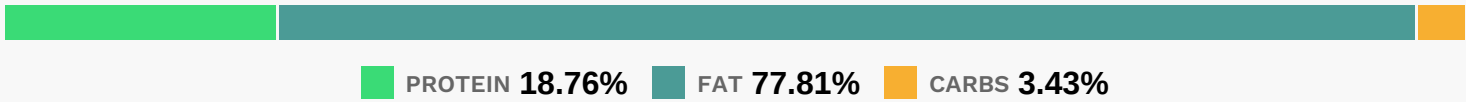
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the onion and garlic; cook 3 minutes.
- ☐ Add the eggplant, season with salt and pepper and cook until the eggplant begins to soften, about 3 more minutes.
- ☐ Add the rosemary, tomato and vinegar and simmer until the vegetables are tender, about 10 minutes.
- ☐ Remove from the heat and stir in the capers and pine nuts; set aside to cool slightly.
- ☐ Place a large skillet over high heat. Season the lamb chops with salt and pepper. Working in batches, place the lamb chops in the pan, fat-side down, and cook until the fat begins to render, 4 to 5 minutes. Turn the chops onto their sides and cook until crisp and brown, 4 to 5 minutes per side for medium-rare.
- ☐ Divide the eggplant caponata and lamb chops among plates and garnish with arugula.
- ☐ Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:18.269130395806%

Flavonoids

Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 617.69kcal (30.88%), Fat: 52.91g (81.4%), Saturated Fat: 20.95g (130.97%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.24g (3.6%), Cholesterol: 125.43mg (41.81%), Sodium: 302.15mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.39%), Vitamin B12: 3.46µg (57.63%), Vitamin B3: 11.35mg (56.73%), Selenium: 32.31µg (46.16%), Zinc: 4.52mg (30.13%), Phosphorus: 285.82mg (28.58%), Vitamin B2: 0.38mg (22.62%), Iron: 3.19mg (17.71%), Vitamin K: 17.96µg (17.11%), Potassium: 534.12mg (15.26%), Manganese: 0.29mg (14.59%), Vitamin B1: 0.22mg (14.53%), Vitamin B6: 0.29mg (14.26%), Magnesium: 51.26mg (12.82%), Folate: 49.32µg (12.33%), Vitamin B5: 1.22mg (12.25%), Copper: 0.24mg (12.16%), Vitamin E: 1.61mg (10.73%), Vitamin A: 373.3IU (7.47%), Vitamin C: 5.15mg (6.24%), Fiber: 1.43g (5.71%), Calcium: 51.71mg (5.17%)