



Lamb Chops with Roasted-Eggplant Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce eggplant drained (cut up any large pieces)
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 ounce pimientos rinsed drained sliced
- ☐ 0.5 teaspoon sugar to taste
- ☐ 0.3 cup onion sweet finely chopped

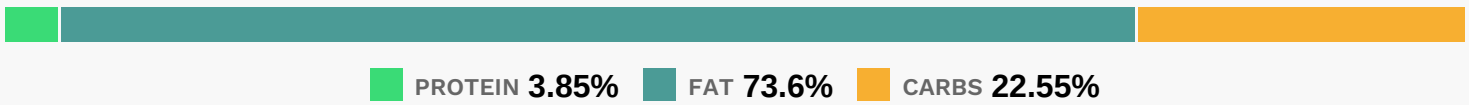
Equipment

- ☐ frying pan

Directions

- ☐ Pat lamb chops dry and sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over high heat until it shimmers, then sear lamb, turning over once, until browned, about 5 minutes total for medium.
- ☐ Meanwhile, toss together eggplant, pimientos, onion, parsley, sugar, remaining 2 tablespoons oil, and salt and pepper to taste.
- ☐ Serve eggplant relish over lamb.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:9.7482608077319%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 124.95kcal (6.25%), Fat: 10.77g (16.57%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.43g (1.61%), Sugar: 4.48g (4.97%), Cholesterol: 0mg (0%), Sodium: 9.35mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 73.22µg (69.74%), Vitamin C: 36.51mg (44.25%), Vitamin A: 1084.98IU (21.7%), Vitamin E: 1.99mg (13.29%), Fiber: 2.99g (11.97%), Manganese: 0.2mg (10.21%), Vitamin B6: 0.15mg (7.52%), Potassium: 249.81mg (7.14%), Folate: 25.58µg (6.39%), Iron: 1.06mg (5.91%), Copper: 0.09mg (4.28%), Vitamin B3: 0.74mg (3.68%), Magnesium: 14.68mg (3.67%), Vitamin B2: 0.05mg (3.1%), Phosphorus: 27.84mg (2.78%), Vitamin B1: 0.04mg (2.73%), Vitamin B5: 0.23mg (2.27%), Calcium: 15.65mg (1.56%), Zinc: 0.23mg (1.55%)