



Lamb, Peppers, Sheep Cheese, and Eggs: Agnello, Peperoni, Cacio, e Uova

READY IN



135 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 1 cup cooking wine dry white
- ☐ 6 eggs
- ☐ 3 pounds lamb shoulder cut into 4-inch pieces
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion coarsely chopped
- ☐ 0.3 cup pecorino cheese freshly grated
- ☐ 6 bell peppers green red peeled seeded cut into strips

☐ 6 servings salt and pepper

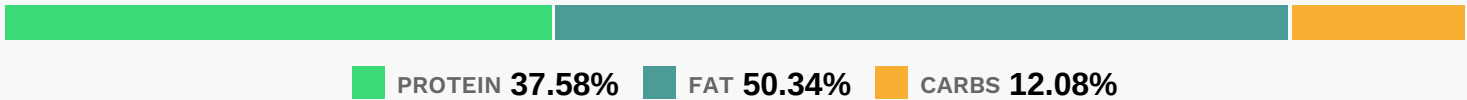
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ In a large, heavy-bottomed skillet or Dutch oven, heat 1/4 cup extra-virgin olive oil over medium heat and add the onion. Cook for 5 minutes, until it is softened and golden.
- ☐ Season the lamb chunks with salt and pepper and add to the skillet. Increase the heat to high and sear the lamb on all sides, working in batches if necessary to avoid overcrowding the pan. Stir in the wine, scraping the bottom of the pan with a wooden spoon to incorporate the browned bits of meat and onion, and season with salt and pepper. Cook over medium-low heat for about 90 minutes, until the meat is very tender.
- ☐ Add more wine or water, if necessary, to keep the pan from drying out.
- ☐ When the meat is cooked, combine the cheese, eggs, and bread crumbs in a large bowl and whisk together. Season with salt and pepper and add the roasted pepper strips. Increase the heat under the lamb to high and add the egg mixture to the pan. Stir as for scrambled eggs and cook until the eggs harden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:28.846087372821%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 428.92kcal (21.45%), Fat: 22.2g (34.15%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 9.44g (3.43%), Sugar: 4.49g (4.99%), Cholesterol: 259.46mg (86.49%), Sodium: 444.28mg (19.32%), Alcohol: 4.12g (100%), Alcohol %: 1.37% (100%), Protein: 37.28g (74.57%), Vitamin C: 97.03mg (117.62%), Vitamin B12: 4.27µg (71.15%), Selenium: 47.81µg (68.3%), Vitamin B3: 9.54mg (47.72%), Zinc: 6.9mg (46.03%), Phosphorus: 428.29mg (42.83%), Vitamin B2: 0.61mg (35.74%), Vitamin B6: 0.61mg (30.33%), Iron: 4.11mg (22.83%), Potassium: 746.74mg (21.34%), Vitamin B1: 0.31mg (20.83%), Vitamin B5: 1.9mg (19.04%), Folate: 75.86µg (18.97%), Vitamin E: 2.53mg (16.86%), Magnesium: 62.38mg (15.6%), Manganese: 0.3mg (15.25%), Copper: 0.3mg (14.88%), Vitamin K: 14.98µg (14.26%), Vitamin A: 695.56IU (13.91%), Calcium: 114.28mg (11.43%), Fiber: 2.54g (10.15%), Vitamin D: 0.9µg (6.01%)