



## Lamb Poppers

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**723 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 slices bacon
- 1 tablespoon chives fresh minced
- 1 tablespoon parsley fresh minced
- 1 tablespoon garlic minced
- 2 tablespoons grapeseed oil
- 1 pound lamb
- 1 teaspoon ground pepper
- 1 teaspoon ground pepper white

- 1 tablespoon hot sauce such as tabasco
- 12 jalapeños
- 1 cup mayonnaise
- 0.3 cup onions diced
- 3 tablespoons roasted garlic
- 1 tablespoon salt
- 1 teaspoon salt
- 0.3 cup tomato paste
- 1 teaspoon balsamic vinegar white

## Equipment

- food processor
- frying pan
- oven
- knife
- skewers
- cutting board

## Directions

- Special equipment: twenty four 6-inch skewers
- For the stuffing: In a saute pan over medium-high heat, add the grapeseed oil and allow to warm. Then add the onions and cook until softened, 3 to 4 minutes. Next add the lamb, reduce the heat to medium and sprinkle with the salt and pepper. Cook until the meat is browned, 4 to 5 minutes. Once cooked, add the tomato paste and garlic and finish cooking for 2 minutes, allowing all the flavors to blend.
- Remove from the pan and allow to cool for stuffing.
- For the peppers: Preheat the oven to 350 degrees F. Preheat a deep-fryer to 400 degrees F. To stuff the peppers, split each pepper lengthwise, stem to tip, and remove all seeds. After removing the seeds, add the cooked lamb to the pepper cavity, about 1 tablespoon per pepper. Repeat the process, stuffing each pepper. To finish, lay the bacon flat on the counter or cutting board and "spread" the bacon with the flat side of a knife, pulling the flat side of the

knife along the slice of bacon to thin it and double the length of the slice. Once the bacon has been thinned, slice the bacon in half lengthwise and wrap the peppers with bacon. Secure the ends with skewers.

After wrapping peppers, bake until the bacon has tightened slightly, 10 to 12 minutes. After cooking, remove from the oven and deep fry for 2 to 3 minutes, crisping the bacon on the exterior.

Remove from the fryer and allow excess oil to drain.

Serve with Spiced Aioli.

Puree the mayonnaise, roasted garlic, chives, parsley, hot sauce, vinegar, salt and pepper in a food processor.

## Nutrition Facts

**PROTEIN 10.92%** **FAT 84.8%** **CARBS 4.28%**

### Properties

Glycemic Index:71.17, Glycemic Load:1.92, Inflammation Score:-6, Nutrition Score:19.832608647968%

### Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

### Nutrients (% of daily need)

Calories: 722.66kcal (36.13%), Fat: 67.98g (104.58%), Saturated Fat: 18.42g (115.15%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 6.06g (2.21%), Sugar: 3.2g (3.56%), Cholesterol: 99.91mg (33.3%), Sodium: 2269.45mg (98.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.38%), Vitamin K: 82.71µg (78.77%), Vitamin C: 40.62mg (49.24%), Selenium: 25.43µg (36.33%), Vitamin B3: 7.04mg (35.18%), Vitamin B12: 2.01µg (33.52%), Vitamin E: 4.4mg (29.32%), Zinc: 3.36mg (22.39%), Vitamin B6: 0.44mg (21.97%), Phosphorus: 218.51mg (21.85%), Vitamin B1: 0.24mg (16.13%), Vitamin B2: 0.25mg (14.68%), Potassium: 487.89mg (13.94%), Manganese: 0.25mg (12.28%), Vitamin A: 592.74IU (11.85%), Iron: 2.09mg (11.61%), Vitamin B5: 0.95mg (9.55%), Copper: 0.18mg (9.22%), Magnesium: 33.98mg (8.49%), Folate: 27.53µg (6.88%), Fiber: 1.67g (6.68%), Calcium: 40.86mg (4.09%), Vitamin D: 0.33µg (2.18%)