



Lamb-stuffed Portabellas

READY IN



45 min.

SERVINGS



8

CALORIES



572 kcal

SIDE DISH

Ingredients

- 2 cups bulgur wheat
- 5.3 cups chicken broth
- 0.3 cup curry powder
- 1 cup apricots dried
- 0.3 cup bread crumbs dry fine
- 0.8 cup mint leaves fresh chopped
- 1.5 pounds lamb lean
- 1 teaspoon olive oil
- 0.5 lb onion finely chopped

- 0.5 cup pinenuts
- 3 cups nonfat yogurt plain
- 8 portabella mushrooms ()
- 8 servings salt

Equipment

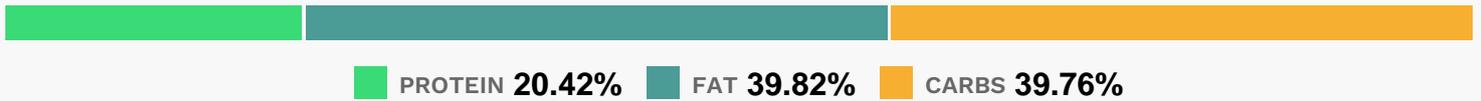
- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Cut apricots in half crosswise.
- Rinse and drain mushrooms. Trim off stems flush with caps. Finely chop stems and set caps aside.
- In a 4- to 5-quart nonstick pan over high heat, frequently shake pine nuts until lightly browned, about 2 minutes.
- Pour into a small bowl.
- To pan, add chopped mushrooms, oil, onion, and curry powder. Stir over high heat until mushrooms and onion are limp and juices evaporate, about 3 minutes.
- Remove from heat and spoon half the mixture into a large bowl.
- To mushroom mixture in the pan, add apricots, bulgur, and 5 cups broth. Bring to a boil, stir, cover, remove from heat, and let stand until bulgur is tender to bite, at least 8 minutes.
- Meanwhile, combine reserved onion-mushroom mixture, 1/3 cup broth, lamb, and bread crumbs.
- Mix well. Pat an equal amount of lamb mixture onto the cup side of each mushroom cap, covering evenly. Scatter 1 tablespoon pine nuts onto each meat-filled mushroom and gently press nuts into meat.
- Divide the curried bulgur mixture equally between 2 casseroles, each 3 quarts (about 9 by 13 in. and at least 2 in. deep).

- Lay 4 mushrooms, meat side up, in each casserole (they can overlap slightly). If making ahead, cover and chill up to 1 day.
- Bake, covered, in a 400 oven until lamb mixture is no longer pink in center (cut to test, or if chilled, it should register 150 on a thermometer; see notes), 35 to 40 minutes (about 1 hour and 10 minutes if chilled).
- Mix yogurt with mint. If making ahead, cover and chill up to 1 day.
- Spoon portions onto plates and add yogurt sauce and salt to taste.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:13.15, Inflammation Score:-8, Nutrition Score:27.573913164761%

Flavonoids

Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 572.37kcal (28.62%), Fat: 26.55g (40.84%), Saturated Fat: 9.43g (58.92%), Carbohydrates: 59.64g (19.88%), Net Carbohydrates: 47.17g (17.15%), Sugar: 20.64g (22.93%), Cholesterol: 67.06mg (22.35%), Sodium: 965.79mg (41.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.63g (61.26%), Manganese: 2.43mg (121.37%), Fiber: 12.47g (49.89%), Phosphorus: 450.81mg (45.08%), Vitamin B3: 7.47mg (37.36%), Iron: 6.1mg (33.86%), Selenium: 23.32µg (33.31%), Copper: 0.66mg (32.94%), Potassium: 1138.95mg (32.54%), Magnesium: 129.73mg (32.43%), Vitamin B2: 0.55mg (32.11%), Calcium: 282.28mg (28.23%), Vitamin B6: 0.45mg (22.69%), Vitamin E: 3.3mg (21.99%), Vitamin B1: 0.32mg (21.31%), Zinc: 3.19mg (21.26%), Vitamin B5: 2.11mg (21.11%), Folate: 74.89µg (18.72%), Vitamin A: 853.49IU (17.07%), Vitamin K: 13.99µg (13.32%), Vitamin B12: 0.65µg (10.83%), Vitamin C: 5.34mg (6.47%), Vitamin D: 0.25µg (1.68%)