



Lamb with Couscous and Roasted Eggplant

READY IN



13 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, drained canned
- 0.5 cup couscous uncooked
- 4 servings roasted eggplant
- 0.3 cup feta cheese crumbled
- 1 pound lamb loins lean cut into 1-inch pieces
- 0.3 teaspoon salt

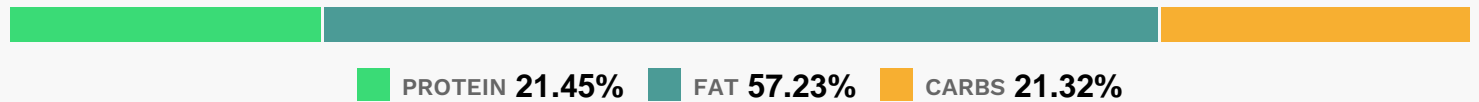
Equipment

frying pan

Directions

- Prepare couscous according to package directions, omitting salt and fat. Keep warm.
- Sprinkle lamb with salt and pepper.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add lamb; cook 5 minutes or until browned, turning after 3 minutes. Stir in couscous, tomatoes, cheese, and rosemary, if desired; cook 1 additional minute or until thoroughly heated.
- Serve over Roasted Eggplant.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:12.44, Inflammation Score:-4, Nutrition Score:18.346521704093%

Flavonoids

Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg

Nutrients (% of daily need)

Calories: 467.67kcal (23.38%), Fat: 29.67g (45.64%), Saturated Fat: 13.29g (83.04%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 21.76g (7.91%), Sugar: 4.56g (5.06%), Cholesterol: 93.91mg (31.3%), Sodium: 492.61mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.04%), Vitamin B12: 2.83µg (47.18%), Vitamin B3: 8.9mg (44.5%), Selenium: 23.82µg (34.03%), Zinc: 4.69mg (31.25%), Phosphorus: 290.25mg (29.02%), Vitamin B2: 0.41mg (24.38%), Manganese: 0.4mg (20.02%), Iron: 3.42mg (19.02%), Vitamin B6: 0.38mg (18.98%), Copper: 0.36mg (18.13%), Potassium: 600.48mg (17.16%), Vitamin B1: 0.26mg (17.12%), Vitamin B5: 1.42mg (14.17%), Magnesium: 56.61mg (14.15%), Fiber: 3.1g (12.38%), Calcium: 120.63mg (12.06%), Vitamin C: 9.48mg (11.49%), Folate: 42.34µg (10.58%), Vitamin E: 1.54mg (10.25%), Vitamin K: 9.99µg (9.52%), Vitamin A: 274.61IU (5.49%), Vitamin D: 0.16µg (1.09%)