



Sauteed Sicilian Lamb



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers rinsed
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon flat-leaf parsley fresh chopped for garnish
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup olives green pitted roughly chopped
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1.3 pounds lamb cutlets boneless sliced into 1/2-inch strips (leg or loin cut)
- ☐ 0.3 teaspoon lemon zest

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings rice pilaf for serving
- ☐ 1 roasted bell pepper whole red seeded sliced
- ☐ 10 ounce button mushrooms white sliced
- ☐ 1 large onion yellow sliced

Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Set a large saute pan over high heat and add the oil.
- ☐ Sprinkle the lamb with salt and pepper.
- ☐ Add the lamb to the pan along with the garlic and saute until just cooked through, 3 to 4 minutes.
- ☐ Add the oregano and pepper flakes and stir. The lamb is done when browned all over but still tender.
- ☐ Transfer to a dish and set aside.
- ☐ Set the pan back over the heat and reduce the heat to medium.
- ☐ Add the onions, roasted peppers and mushrooms to the pan. Season with salt and pepper.
- ☐ Saute until the vegetables begin to soften, stirring occasionally, about 5 minutes.
- ☐ Deglaze the pan with the wine, scraping up any browned bits. Stir in the olives, capers and lemon zest. Bring to a simmer and reduce by two-thirds, 3 to 5 minutes. Season with salt and pepper. Return the lamb to the pan and stir together to incorporate the flavors and heat through.
- ☐ Serve the lamb with rice pilaf and garnish with the parsley.

Nutrition Facts



 PROTEIN 16.9%  FAT 76.19%  CARBS 6.91%

Properties

Glycemic Index:50.55, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:21.571304360162%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 664.51kcal (33.23%), Fat: 52.94g (81.45%), Saturated Fat: 21.22g (132.62%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.04g (2.92%), Sugar: 3.76g (4.18%), Cholesterol: 111.89mg (37.3%), Sodium: 712.46mg (30.98%), Alcohol: 6.18g (100%), Alcohol %: 2.2% (100%), Protein: 26.42g (52.85%), Vitamin B3: 12.05mg (60.27%), Vitamin B12: 3.26µg (54.4%), Selenium: 34.27µg (48.95%), Vitamin B2: 0.61mg (35.81%), Zinc: 4.95mg (33.03%), Phosphorus: 308.1mg (30.81%), Vitamin K: 27.44µg (26.13%), Copper: 0.44mg (21.82%), Vitamin B5: 2.12mg (21.16%), Iron: 3.55mg (19.73%), Vitamin B6: 0.39mg (19.59%), Potassium: 681.23mg (19.46%), Vitamin B1: 0.24mg (16.16%), Manganese: 0.3mg (14.89%), Magnesium: 52.96mg (13.24%), Vitamin C: 10.6mg (12.85%), Folate: 49.36µg (12.34%), Fiber: 2.76g (11.02%), Vitamin E: 1.5mg (10.03%), Calcium: 75.77mg (7.58%), Vitamin A: 296.37IU (5.93%)