



Spicy Lamb with Charred Eggplant Purée and Pita

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 72 ounce eggplant
- ☐ 2 large garlic clove peeled
- ☐ 8 ounce to lamb shoulder blade chops trimmed cut into 3/4-inch cubes (3/)
- ☐ 6 servings flat parsley fresh italian chopped
- ☐ 6 servings wholewheat pita breads
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups greek yogurt plain drained

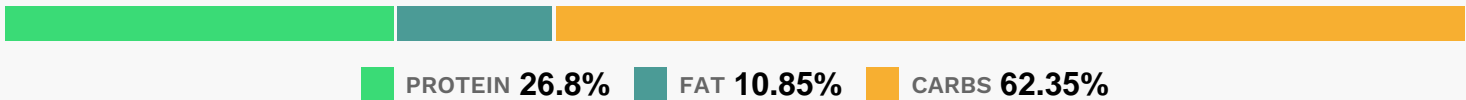
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ broiler

Directions

- ☐ Char eggplants directly over gas flame or in broiler until blackened on all sides and very tender in center, about 20 minutes. Cool; cut open. Spoon flesh into sieve set over bowl; discard skins.
- ☐ Drain at least 1 hour and up to 3 hours.
- ☐ Transfer eggplant to bowl and mash. Chop garlic with salt and mash to paste; mix into eggplant.
- ☐ Mix in yogurt. Season with salt and pepper. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Heat large nonstick skillet over high heat.
- ☐ Sprinkle lamb with salt and pepper; add to skillet in single layer.
- ☐ Sprinkle with dried crushed pepper. Cover, reduce heat to medium-low, and cook lamb until tender and brown, turning occasionally and adding water by tablespoonfuls if very dry, about 45 minutes. DO AHEAD Can be made 1 day ahead. Cover lamb in skillet and chill. Rewarm over low heat.
- ☐ Warm eggplant over low heat; spoon into dish. Spoon lamb and any juices over
- ☐ Sprinkle with parsley.
- ☐ Serve with pita.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:32.13, Inflammation Score:-8, Nutrition Score:23.595217186472%

Flavonoids

Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 336.19kcal (16.81%), Fat: 4.15g (6.39%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 42.03g (15.28%), Sugar: 13.7g (15.22%), Cholesterol: 31.1mg (10.37%), Sodium: 643mg (27.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Vitamin K: 77.7µg (74%), Manganese: 1.09mg (54.74%), Fiber: 11.65g (46.6%), Potassium: 1065.32mg (30.44%), Phosphorus: 288.05mg (28.8%), Vitamin B3: 5.52mg (27.59%), Vitamin B2: 0.47mg (27.56%), Vitamin B6: 0.51mg (25.55%), Folate: 97.94µg (24.48%), Vitamin B12: 1.42µg (23.72%), Vitamin B1: 0.34mg (22.96%), Copper: 0.45mg (22.36%), Zinc: 3.09mg (20.63%), Magnesium: 78.94mg (19.73%), Vitamin B5: 1.7mg (17%), Vitamin C: 13.12mg (15.9%), Iron: 2.73mg (15.18%), Calcium: 146.71mg (14.67%), Selenium: 9.78µg (13.98%), Vitamin A: 466.71IU (9.33%), Vitamin E: 1.12mg (7.47%)