



Baked potato with cheesy mince



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1 carrots diced finely
- ☐ 1 celery stalks
- ☐ 450 g lamb minced
- ☐ 2 tbsp sun-dried tomato paste
- ☐ 1 tbsp worcestershire sauce

- ☐ 300 ml beef stock
- ☐ 2 tsp cornstarch
- ☐ 2 tsp water
- ☐ 4 servings potatoes with grated cheddar, to serve

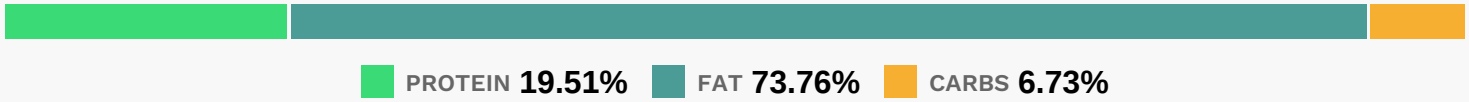
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large pan and fry the onion, garlic, diced carrot and celery stick for 6–8 minutes. Stir in the minced lamb and cook for 3–4 minutes until browned, then add the sun-dried tomato paste and Worcestershire sauce. Stir in the beef stock and cover and simmer for 35–40 minutes until very tender. Season well.
- ☐ Mix the cornflour with cold water to a paste, stir in and cook for 1 minute.
- ☐ Serve over baked potatoes and top with grated cheddar.

Nutrition Facts



Properties

Glycemic Index:54.9, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:15.82260880263%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 433.83kcal (21.69%), Fat: 34.7g (53.39%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.17g (2.24%), Sugar: 2.75g (3.06%), Cholesterol: 82.13mg (27.38%), Sodium: 426.61mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.3%), Vitamin A: 2803.65IU (56.07%), Vitamin B12: 2.6µg (43.31%), Vitamin B3: 7.6mg (37.99%), Selenium: 22.38µg (31.97%), Zinc: 4.07mg (27.14%),

Phosphorus: 218.16mg (21.82%), Vitamin B2: 0.33mg (19.35%), Iron: 2.79mg (15.5%), Potassium: 523.37mg (14.95%),
Vitamin B6: 0.26mg (12.76%), Vitamin B1: 0.18mg (11.8%), Vitamin K: 10.83µg (10.31%), Copper: 0.18mg (9.12%),
Vitamin E: 1.35mg (9.02%), Magnesium: 34.67mg (8.67%), Vitamin B5: 0.82mg (8.17%), Folate: 30.78µg (7.69%),
Vitamin C: 3.95mg (4.79%), Manganese: 0.09mg (4.71%), Calcium: 42.03mg (4.2%), Fiber: 0.96g (3.83%)