



Beef Tagine with Honey, Prunes and Almonds

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef chuck boneless cut into 1-inch cubes
- 1.5 teaspoons salt
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 3.5 cups chicken broth
- 1 teaspoon ground ginger
- 1 teaspoon pepper freshly ground

- 0.5 teaspoon saffron threads crushed
- 1 cup prune- cut to pieces pitted
- 0.3 cup honey
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.3 cup slivered almonds
- 3 juice of lemon
- 0.5 teaspoon orange-flower water
- 2 tablespoons parsley fresh chopped
- 1 serving brown rice hot cooked

Equipment

- bowl
- frying pan
- slotted spoon
- dutch oven

Directions

- Sprinkle beef with 1/2 teaspoon of the salt.
- In 4- or 5-quart Dutch oven or heavy pot, heat oil over medium-high heat until shimmering and hot.
- Add half of the beef and cook 4 minutes, stirring occasionally, until evenly browned. Use slotted spoon to remove beef and place in bowl. Repeat with remaining beef.
- Add additional oil to pan if necessary.
- Add onion and cook 4 minutes, stirring constantly, until soft.
- Add garlic and cook 30 seconds, stirring constantly.
- Return beef to pan. Stir in broth, ginger, pepper, remaining 1 teaspoon salt and the saffron if desired.
- Heat to boiling, stirring occasionally. Reduce heat to low. Gently simmer uncovered 1 hour, stirring occasionally.

- Stir in prunes, honey, cinnamon and cumin. Cook uncovered 20 to 25 minutes, stirring occasionally, until beef is tender and prunes are plumped but not falling apart.
- Stir in almonds, lemon juice and orange flower water.
- Sprinkle with parsley and serve over couscous if desired.

Nutrition Facts

PROTEIN 26.47% **FAT 41.56%** **CARBS 31.97%**

Properties

Glycemic Index:86.12, Glycemic Load:19.74, Inflammation Score:-7, Nutrition Score:36.163477970206%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 706.56kcal (35.33%), Fat: 33.8g (52%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 53.15g (19.33%), Sugar: 36.63g (40.7%), Cholesterol: 160.6mg (53.53%), Sodium: 1823.77mg (79.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.44g (96.87%), Zinc: 17.93mg (119.52%), Vitamin B12: 6.23µg (103.88%), Selenium: 48.79µg (69.7%), Vitamin K: 69.4µg (66.09%), Vitamin B3: 11.82mg (59.1%), Vitamin B6: 1.07mg (53.48%), Phosphorus: 533.17mg (53.32%), Manganese: 1.05mg (52.63%), Vitamin B2: 0.63mg (37.3%), Potassium: 1277.34mg (36.5%), Iron: 6.3mg (34.99%), Magnesium: 100.2mg (25.05%), Fiber: 5.34g (21.36%), Copper: 0.42mg (21.02%), Vitamin E: 2.78mg (18.55%), Vitamin B1: 0.28mg (18.37%), Vitamin B5: 1.82mg (18.18%), Vitamin C: 13.73mg (16.64%), Vitamin A: 551IU (11.02%), Calcium: 108.2mg (10.82%), Folate: 24.51µg (6.13%), Vitamin D: 0.23µg (1.51%)