



Braised Lamb Stew

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

READY IN



135 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chickpeas drained canned
- 3 carrots diced
- 0.1 teaspoon cayenne pepper
- 2 cups chicken stock see
- 2 tablespoons freshly cilantro leaves chopped
- 1 cup apricots dried
- 3 cloves garlic minced
- 1 tablespoon ginger minced

- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground turmeric
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 2 pounds leg of lamb boneless
- 1 lemon zest
- 3 tablespoons olive oil divided
- 1 onion cut into 1-inch cubes
- 1 tablespoon tomato paste

Equipment

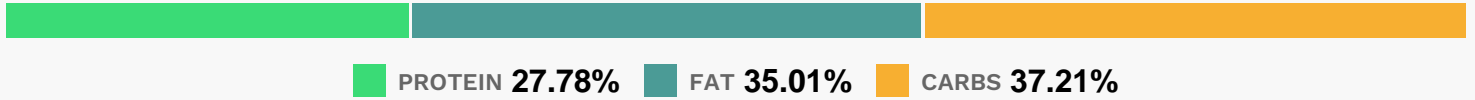
- bowl
- mixing bowl
- pot

Directions

- In a mixing bowl add 2 tablespoons of the olive oil, turmeric, cumin, cayenne, cardamom and salt.
- Mix well until the mixture has turned into a paste, if the paste is too thick add a little more olive oil.
- Add the cubed lamb to the bowl and toss around to coat well. Cover and set aside.
- Heat 1 tablespoon of olive oil in a large, heavy bottomed pot over medium-high heat.
- Add 1/3 of the lamb, and brown well.
- Remove to a plate, and repeat with remaining lamb.
- Add onions and carrots to the pot and sweat for 5 minutes. Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes. Stir in the tomato paste and chick peas, then return the lamb to the pot and stir in the lemon zest, chicken stock, apricots, and honey.
- Bring to a boil, then reduce heat to low, cover, and simmer for 1 1/2 to 2 hours, stirring occasionally, until the lamb is tender.

Sprinkle the stew with chopped fresh cilantro and serve right out of the pot.

Nutrition Facts



Properties

Glycemic Index:61.47, Glycemic Load:9.72, Inflammation Score:-10, Nutrition Score:24.255652241085%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 366.83kcal (18.34%), Fat: 14.55g (22.38%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 28.65g (10.42%), Sugar: 18.34g (20.38%), Cholesterol: 63.36mg (21.12%), Sodium: 804.34mg (34.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.93%), Vitamin A: 5958.99IU (119.18%), Vitamin B12: 2.54µg (42.39%), Vitamin B3: 8.08mg (40.39%), Manganese: 0.8mg (40.06%), Selenium: 25.77µg (36.81%), Vitamin B6: 0.64mg (32.17%), Zinc: 4.8mg (32.01%), Phosphorus: 291.66mg (29.17%), Potassium: 881.69mg (25.19%), Fiber: 6.14g (24.54%), Iron: 3.73mg (20.7%), Vitamin B2: 0.35mg (20.35%), Copper: 0.38mg (18.8%), Vitamin E: 2.53mg (16.87%), Magnesium: 61.42mg (15.35%), Folate: 56.3µg (14.08%), Vitamin B1: 0.2mg (13.55%), Vitamin B5: 1.13mg (11.3%), Vitamin K: 9.94µg (9.47%), Vitamin C: 6.16mg (7.46%), Calcium: 72.22mg (7.22%)