



Braised Lamb Stew with Ginger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1.3 cups carrots sliced
- ☐ 4 cups rice noodles hot cooked
- ☐ 2 tablespoons cornstarch
- ☐ 6 mushroom caps dried
- ☐ 1 tablespoon cooking sherry dry
- ☐ 3 cups less-sodium chicken broth fat-free

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 1 pound lamb stew meat
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons oyster sauce

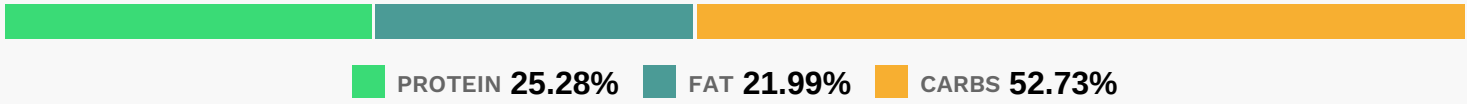
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients (through pepper) in a bowl.
- ☐ Combine 1/2 cup boiling water and mushrooms in a bowl.
- ☐ Let stand 15 minutes; drain, reserving the soaking liquid. Discard stems; thinly slice caps.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic; saut 30 seconds.
- ☐ Add lamb mixture; saut 4 minutes. Stir in broth; bring to a boil. Cover and reduce heat; simmer 40 minutes. Uncover and bring to a boil; add carrot, mushrooms, and reserved liquid. Cook 5 minutes, or until slightly thick.
- ☐ Add oyster sauce and cilantro; serve with rice noodles.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:22.92, Inflammation Score:-10, Nutrition Score:23.17086939708%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg,

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 435.36kcal (21.77%), Fat: 10.33g (15.89%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 52.32g (19.03%), Sugar: 2.46g (2.73%), Cholesterol: 73.71mg (24.57%), Sodium: 1224.68mg (53.25%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 26.72g (53.43%), Vitamin A: 7196.26IU (143.93%), Vitamin B12: 3.47µg (57.89%), Selenium: 39.15µg (55.92%), Vitamin B3: 8.69mg (43.46%), Zinc: 5.49mg (36.59%), Phosphorus: 302.72mg (30.27%), Vitamin B2: 0.39mg (22.68%), Manganese: 0.42mg (20.97%), Copper: 0.37mg (18.45%), Potassium: 591.85mg (16.91%), Vitamin B6: 0.33mg (16.71%), Iron: 2.83mg (15.74%), Vitamin B1: 0.23mg (15.5%), Vitamin B5: 1.52mg (15.17%), Fiber: 3.39g (13.58%), Magnesium: 49.72mg (12.43%), Folate: 47.86µg (11.96%), Vitamin K: 11.49µg (10.94%), Vitamin E: 1.2mg (7.98%), Calcium: 48.65mg (4.87%), Vitamin C: 3.73mg (4.52%)