



Braised Lamb with Asparagus and Tarragon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds asparagus
- ☐ 3 oz carrots peeled chopped
- ☐ 3 cups chicken broth
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 0.5 lb onion chopped
- ☐ 1.5 pounds thin-skinned potatoes red scrubbed ()
- ☐ 6 servings salt and pepper

☐ 2 pounds boned cut into 1-inch cubes

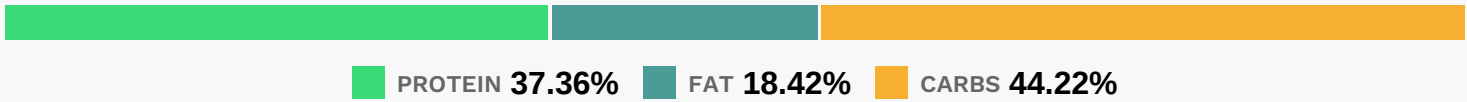
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 6- to 8-quart pan, combine lamb, onion, carrot, 2 1/2 tablespoons tarragon, and 1 cup water. Cover and cook over high heat for 20 minutes.
- ☐ Uncover and cook until liquid evaporates and drippings are browned, about 15 minutes; stir often as mixture browns.
- ☐ Add wine and broth. Stir to scrape browned drippings free, then cover pan and simmer over low heat 15 minutes.
- ☐ Add potatoes, cover, and simmer until lamb and potatoes are tender when pierced, about 25 minutes.
- ☐ Meanwhile, rinse asparagus and snap off and discard tough ends.
- ☐ Cut asparagus diagonally into 1-inch lengths.
- ☐ When meat is tender, stir asparagus into stew. Simmer, uncovered, until asparagus is tender when pierced, about 5 minutes. Season to taste with salt and pepper and ladle into wide soup bowls.
- ☐ Sprinkle stew with remaining tarragon.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:2.85, Inflammation Score:-10, Nutrition Score:31.449130597322%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 10.51mg, Isorhamnetin: 10.51mg, Isorhamnetin: 10.51mg, Isorhamnetin: 10.51mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 29.59mg, Quercetin: 29.59mg, Quercetin: 29.59mg, Quercetin: 29.59mg

Nutrients (% of daily need)

Calories: 294.2kcal (14.71%), Fat: 5.77g (8.87%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 24.85g (9.04%), Sugar: 7.37g (8.19%), Cholesterol: 63.31mg (21.1%), Sodium: 732.99mg (31.87%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 26.32g (52.63%), Vitamin A: 3611.38IU (72.23%), Vitamin K: 68.33µg (65.08%), Vitamin B3: 9.16mg (45.8%), Vitamin B12: 2.57µg (42.78%), Selenium: 26.46µg (37.81%), Manganese: 0.75mg (37.48%), Potassium: 1301.97mg (37.2%), Iron: 6.69mg (37.19%), Zinc: 5.44mg (36.29%), Phosphorus: 357.64mg (35.76%), Vitamin B2: 0.59mg (34.6%), Folate: 137.89µg (34.47%), Vitamin B1: 0.48mg (32.04%), Vitamin B6: 0.6mg (30.22%), Copper: 0.6mg (30.13%), Vitamin C: 22.92mg (27.78%), Fiber: 6.3g (25.2%), Magnesium: 86.96mg (21.74%), Vitamin B5: 1.53mg (15.26%), Vitamin E: 2.08mg (13.85%), Calcium: 104.15mg (10.42%)