



Braised Lamb with Butternut Squash and Dried Fruit

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 4 cups butternut squash cubed peeled (1-inch)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup apples dried coarsely chopped
- ☐ 0.5 cup apricots dried coarsely chopped
- ☐ 0.5 cup plums dried
- ☐ 4 cups less-sodium chicken broth fat-free

- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground cinnamon divided
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 pounds lamb leg boneless trimmed cut into 1-inch pieces
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion chopped (1 large)
- ☐ 2 teaspoons orange rind grated

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle lamb with 1/4 teaspoon salt, 1/2 teaspoon cinnamon, 1/4 teaspoon black pepper, red pepper, and cloves.
- ☐ Heat oil in a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add lamb; saut 7 minutes or until browned.
- ☐ Remove from pan.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broth, scraping pan to loosen browned bits. Return lamb to pan.
- ☐ Add remaining 3/4 teaspoon salt, remaining 1/2 teaspoon cinnamon, and remaining 3/4 teaspoon black pepper; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- ☐ Add squash and remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, 30 minutes or until lamb and squash are tender.

Nutrition Facts



 **PROTEIN 29.93%**  **FAT 16.11%**  **CARBS 53.96%**

Properties

Glycemic Index:31.92, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:22.292173966118%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 227.34kcal (11.37%), Fat: 4.3g (6.62%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 27.24g (9.91%), Sugar: 17.25g (19.17%), Cholesterol: 45.72mg (15.24%), Sodium: 877.59mg (38.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Vitamin A: 7960.43IU (159.21%), Vitamin B12: 2.16µg (35.93%), Vitamin B3: 7.09mg (35.45%), Selenium: 20.67µg (29.53%), Vitamin C: 23.95mg (29.03%), Potassium: 907.03mg (25.92%), Manganese: 0.49mg (24.73%), Phosphorus: 219.99mg (22%), Vitamin B6: 0.43mg (21.66%), Zinc: 3.2mg (21.32%), Fiber: 5.2g (20.79%), Iron: 3.18mg (17.68%), Copper: 0.35mg (17.5%), Vitamin B2: 0.29mg (17.18%), Magnesium: 67.67mg (16.92%), Vitamin B1: 0.25mg (16.39%), Vitamin E: 2.35mg (15.65%), Folate: 52.32µg (13.08%), Vitamin B5: 1.24mg (12.4%), Vitamin K: 11.45µg (10.9%), Calcium: 86.6mg (8.66%)