



Braised Lamb with Picholine Olives

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 4 cups couscous hot cooked
- ☐ 1 tablespoon ground coriander
- ☐ 3 pounds lamb shoulder trimmed cut into 1 1/2-inch cubes
- ☐ 0.5 cup picholine olives pitted
- ☐ 1 large onion red vertically sliced

Equipment

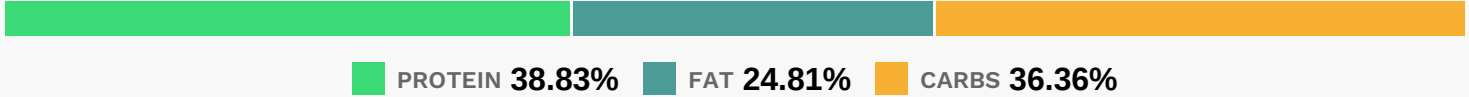
- ☐ bowl

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add half of lamb to pan. Cook 5 minutes or until browned, stirring occasionally.
- ☐ Place lamb in a 5-quart electric slow cooker. Repeat procedure with remaining lamb.
- ☐ Add coriander, onion, and tomatoes to slow cooker. Cover and cook on LOW for 7 hours.
- ☐ Add olives. Turn off slow cooker; let stand, covered, 30 minutes.
- ☐ Place couscous in shallow bowls. Spoon lamb mixture over couscous.
- ☐ Garnish with preserved lemon and cilantro, if desired.
- ☐ Ingredient Tip: Preserved lemons are lemons that have been pickled in salt; their juices appear often in Middle Eastern and Mediterranean cuisines. You can purchase them at specialty markets.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:12.47, Inflammation Score:-4, Nutrition Score:16.849130485369%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 265.41kcal (13.27%), Fat: 7.26g (11.17%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 21.08g (7.66%), Sugar: 2.97g (3.3%), Cholesterol: 68.58mg (22.86%), Sodium: 278.09mg (12.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Selenium: 46.53µg (66.47%), Vitamin B12: 2.86µg (47.69%), Vitamin B3: 7.88mg (39.39%), Zinc: 4.85mg (32.31%), Phosphorus: 239.91mg (23.99%), Vitamin B2: 0.3mg (17.68%), Iron: 3mg (16.68%), Potassium: 535.17mg (15.29%), Vitamin B1: 0.23mg (15.08%), Vitamin B6: 0.3mg (14.85%), Copper: 0.27mg (13.61%), Vitamin B5: 1.22mg (12.24%), Magnesium: 47.71mg (11.93%), Folate: 47.04µg (11.76%), Fiber: 2.85g (11.4%), Manganese: 0.22mg (10.77%), Vitamin E: 1.3mg (8.7%), Vitamin C: 5.88mg

(7.12%), Calcium: 48.59mg (4.86%), Vitamin A: 143.91IU (2.88%), Vitamin K: 2.97μg (2.83%)