

Classic Lamb Curry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 cardamom pods
- ☐ 1 stick cinnamon (3-inch)
- ☐ 4 cups rice long-grain hot cooked
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 teaspoons garam masala
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon ground coriander seeds
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 pounds leg of lamb boneless trimmed cut into 1-inch pieces
- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon paprika
- ☐ 0.5 pound plum tomatoes finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 cups water

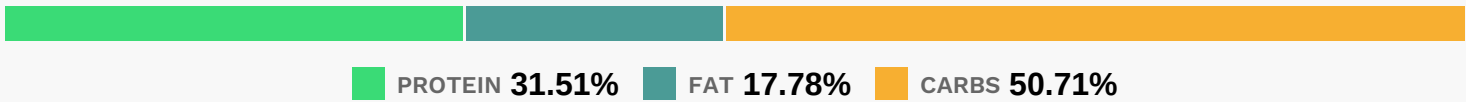
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add lamb, and cook for 5 minutes on all sides or until browned.
- ☐ Remove lamb from pan.
- ☐ Heat the oil in pan over medium-high heat.
- ☐ Add onion and next 4 ingredients (onion through cinnamon); cook for 4 minutes or until onion is browned. Stir in coriander and next 6 ingredients (coriander through garlic); cook 1 minute.
- ☐ Add lamb, tomato, water, and salt; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until the lamb is tender. Stir in 1/4 cup cilantro.
- ☐ Serve over rice; sprinkle with remaining 1/4 cup cilantro.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:49.99, Inflammation Score:-10, Nutrition Score:28.068261022153%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg

Nutrients (% of daily need)

Calories: 459.26kcal (22.96%), Fat: 8.98g (13.82%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 52.82g (19.21%), Sugar: 4.44g (4.93%), Cholesterol: 91.44mg (30.48%), Sodium: 395.01mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.65%), Manganese: 1.62mg (80.88%), Selenium: 46.48µg (66.4%), Vitamin B12: 3.86µg (64.3%), Vitamin B3: 10.27mg (51.33%), Zinc: 6.79mg (45.26%), Phosphorus: 394.45mg (39.45%), Vitamin A: 1580.24IU (31.6%), Vitamin B6: 0.59mg (29.41%), Vitamin B2: 0.44mg (26.01%), Iron: 4.28mg (23.78%), Potassium: 809.13mg (23.12%), Magnesium: 85.19mg (21.3%), Copper: 0.41mg (20.66%), Vitamin B1: 0.3mg (19.9%), Fiber: 4.83g (19.32%), Vitamin B5: 1.84mg (18.44%), Vitamin C: 14.3mg (17.33%), Folate: 60.54µg (15.14%), Vitamin K: 14.93µg (14.22%), Vitamin E: 1.46mg (9.73%), Calcium: 79.93mg (7.99%)