



Creamy Lamb Curry

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 stick cinnamon 1-inch
- ☐ 2 cups chicken broth fat-free reduced-sodium
- ☐ 1 inch ginger fresh minced peeled
- ☐ 8 mint leaves fresh chopped
- ☐ 1 tablespoon garam masala
- ☐ 2 garlic cloves minced

- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 pounds lamb loins boneless lean cut into 2-inch pieces
- ☐ 1 cup onion chopped
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.5 teaspoon salt

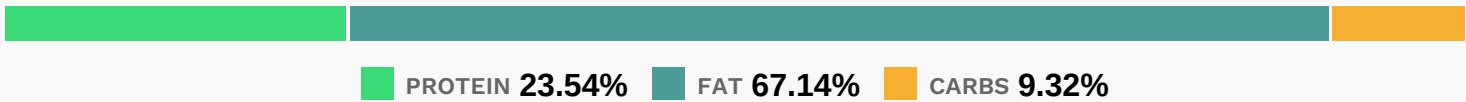
Equipment

- ☐ dutch oven

Directions

- ☐ Sprinkle lamb pieces with salt.
- ☐ Cook lamb, in batches, in a Dutch oven coated with cooking spray over medium-high heat, stirring often, 5 minutes or until lamb is lightly browned.
- ☐ Remove and set aside.
- ☐ Saut onion and ginger in a Dutch oven coated with cooking spray over medium-high heat 1 to 2 minutes.
- ☐ Add garlic; cook 1 minute. Stir in coriander and next 4 ingredients.
- ☐ Add cooked lamb, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour or until lamb is tender.
- ☐ Remove from heat; add yogurt and garam masala, stirring until blended.
- ☐ Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:20.187826270642%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 484.88kcal (24.24%), Fat: 36.11g (55.56%), Saturated Fat: 15.49g (96.82%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.88g (6.53%), Cholesterol: 110.78mg (36.93%), Sodium: 701.96mg (30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin B12: 3.77µg (62.81%), Vitamin B3: 10.4mg (52.02%), Selenium: 31.73µg (45.33%), Zinc: 5.69mg (37.94%), Phosphorus: 315.16mg (31.52%), Vitamin B2: 0.43mg (25.44%), Iron: 3.91mg (21.7%), Potassium: 684.09mg (19.55%), Manganese: 0.39mg (19.34%), Vitamin B6: 0.37mg (18.59%), Vitamin B1: 0.25mg (16.82%), Copper: 0.33mg (16.39%), Magnesium: 58.5mg (14.62%), Vitamin B5: 1.44mg (14.43%), Calcium: 116.85mg (11.68%), Folate: 46.21µg (11.55%), Vitamin C: 9.46mg (11.46%), Fiber: 2.7g (10.81%), Vitamin K: 9.5µg (9.05%), Vitamin E: 1.2mg (7.98%), Vitamin A: 214.07IU (4.28%), Vitamin D: 0.15µg (1.01%)