



Curried-Lamb Fricassee

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baking potato cubed
- 0.8 cup beef broth
- 1 cup carrots diagonally sliced
- 1 tablespoon curry powder
- 2 tablespoons curry powder
- 1 tablespoon ginger fresh grated peeled
- 0.8 cup golden raisins
- 1 cup bell pepper green cubed

- 1 pound lamb stew meat
- 2 cups onion diced
- 2 cups plum tomatoes diced
- 1 cup bell pepper red cubed
- 0.5 teaspoon salt
- 2 teaspoons vegetable oil

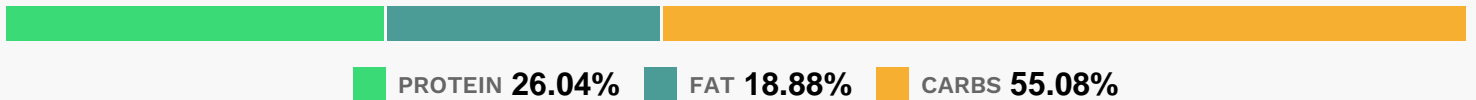
Equipment

- dutch oven

Directions

- Heat oil in a large Dutch oven over medium heat.
- Add 1 tablespoon curry powder and salt; saut 10 seconds.
- Add lamb and onion, and cook 5 minutes over medium-high heat or until the lamb is browned.
- Add potato and next 6 ingredients (potato through ginger), and cook 2 minutes.
- Add tomato and broth; cover, reduce heat, and simmer 35 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:21.45, Inflammation Score:-10, Nutrition Score:27.236521783082%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

Nutrients (% of daily need)

Calories: 297.03kcal (14.85%), Fat: 6.5g (10%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 36.56g (13.29%), Sugar: 18.28g (20.31%), Cholesterol: 49.14mg (16.38%), Sodium: 384.7mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Vitamin A: 5121.68IU (102.43%), Vitamin C: 73.02mg (88.51%), Vitamin B6: 0.76mg (38.1%), Vitamin B12: 2.08µg (34.75%), Vitamin B3: 6.93mg (34.65%), Potassium: 1158.93mg (33.11%), Manganese: 0.57mg (28.69%), Phosphorus: 273.03mg (27.3%), Selenium: 18.71µg (26.73%), Zinc: 3.91mg (26.06%), Fiber: 6.11g (24.45%), Iron: 3.84mg (21.31%), Vitamin B2: 0.33mg (19.16%), Vitamin K: 20.05µg (19.1%), Magnesium: 74.01mg (18.5%), Folate: 73.7µg (18.43%), Copper: 0.36mg (17.96%), Vitamin B1: 0.27mg (17.67%), Vitamin E: 2.04mg (13.62%), Vitamin B5: 1.09mg (10.94%), Calcium: 74.02mg (7.4%)