



Curried Stew with Lamb

 **Gluten Free**

READY IN



180 min.

SERVINGS



8

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup currants
- ☐ 3 tablespoons curry powder
- ☐ 1 tablespoon garlic minced
- ☐ 0.8 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 pounds lamb sirloin cut into cubes

- ☐ 1 large onion grated
- ☐ 1 cup rice uncooked
- ☐ 0.7 cup slivered almonds toasted
- ☐ 8 cups vegetable broth
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water
- ☐ 1 cup yogurt

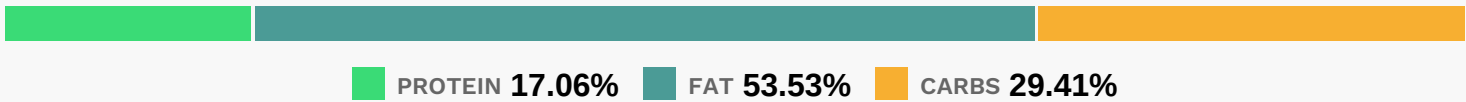
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium bowl, combine yogurt and garlic. Stir in the lamb cubes until coated. Cover, and refrigerate overnight.
- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Heat oil in a large skillet over medium high heat.
- ☐ Saute onions until tender. Stir in marinated lamb mixture. Season with cloves, ginger, cumin, cayenne and curry powder. Stir in raisins, reduce heat, and simmer for 2 hours. Stir in cooked rice and vegetable stock. return to a simmer, and cook 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:16.63, Inflammation Score:-6, Nutrition Score:19.735217693059%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 572.09kcal (28.6%), Fat: 34.34g (52.83%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.02g (14.19%), Sugar: 15.95g (17.73%), Cholesterol: 86.76mg (28.92%), Sodium: 1035.67mg (45.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.27%), Vitamin B12: 2.73µg (45.55%), Manganese: 0.83mg (41.33%), Vitamin B3: 7.91mg (39.56%), Selenium: 26.7µg (38.15%), Zinc: 4.81mg (32.04%), Phosphorus: 311.17mg (31.12%), Vitamin B2: 0.44mg (25.66%), Vitamin E: 3.3mg (22.03%), Iron: 3.49mg (19.39%), Magnesium: 73.82mg (18.45%), Copper: 0.36mg (17.77%), Potassium: 606.67mg (17.33%), Vitamin B6: 0.33mg (16.4%), Vitamin B1: 0.22mg (14.34%), Fiber: 3.43g (13.71%), Vitamin A: 646.59IU (12.93%), Calcium: 122.75mg (12.28%), Vitamin B5: 1.17mg (11.71%), Vitamin K: 10.56µg (10.06%), Folate: 37.48µg (9.37%), Vitamin C: 3.11mg (3.77%)