



Easy Indian Curried Lamb

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 1 teaspoon chile powder red to taste
- 0.5 teaspoon cumin seeds to taste
- 2 teaspoons garam masala
- 4 cloves garlic crushed
- 2 teaspoons ground coriander
- 1.5 teaspoons ground turmeric
- 1 pound lamb stew meat cubed

- 1 onion finely chopped
- 2 teaspoons salt to taste
- 3 tablespoons tomato paste

Equipment

- sauce pan

Directions

- Heat canola oil in a saucepan over medium heat. Cook and stir onion, garlic, and cumin seeds in the hot oil until onion is browned, 10 to 15 minutes.
- Add lamb, tomato paste, coriander, salt, garam masala, turmeric, and red chile powder; stir to coat. Cover saucepan and simmer until meat is tender and no longer pink in the center, about 1 hour.

Nutrition Facts

PROTEIN 34.61% **FAT 54.52%** **CARBS 10.87%**

Properties

Glycemic Index:28, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:16.066086955692%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 282.07kcal (14.1%), Fat: 17.09g (26.29%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 5.68g (2.06%), Sugar: 2.72g (3.03%), Cholesterol: 73.71mg (24.57%), Sodium: 1342.8mg (58.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin B12: 3.1µg (51.6%), Selenium: 27.47µg (39.24%), Vitamin B3: 7.3mg (36.49%), Zinc: 4.98mg (33.2%), Phosphorus: 245.69mg (24.57%), Vitamin E: 2.83mg (18.89%), Vitamin B2: 0.31mg (18.32%), Iron: 3.21mg (17.83%), Potassium: 541.98mg (15.49%), Vitamin B6: 0.3mg (15.13%), Manganese: 0.25mg (12.33%), Vitamin B1: 0.18mg (11.97%), Copper: 0.22mg (11.15%), Magnesium: 44.46mg (11.12%), Vitamin K: 9.66µg (9.2%), Vitamin B5: 0.88mg (8.78%), Folate: 33.29µg (8.32%), Fiber: 1.99g (7.95%), Vitamin C: 6.03mg (7.3%), Vitamin A: 335.24IU (6.7%), Calcium: 39.44mg (3.94%)