



 **90%**
HEALTH SCORE

Lamb Tagine with Cinnamon, Saffron, and Dried Fruit

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup anaheim chili diced seeded
- 0.3 teaspoon peppercorns black freshly ground
- 2 cups butternut squash cubed
- 1 cup carrots cubed
- 1 stick cinnamon (3-inch)
- 4.5 cups couscous cooked
- 1 teaspoon coriander seeds toasted

- 1 teaspoon cumin seeds toasted
- 0.7 cup apricot dried cut into 1/4-inch strips
- 0.3 cup cilantro leaves fresh minced
- 1 teaspoon ginger fresh grated peeled
- 2 garlic clove minced
- 2.8 cups bell pepper green 1-inch-thick cut into strips
- 1.5 pound leg of lamb boneless cubed trimmed
- 3 cups onion chopped
- 0.5 teaspoon paprika
- 0.3 teaspoon saffron threads
- 0.5 teaspoon salt
- 0.5 cup tomato purée
- 2.5 cups water

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 32
- Combine first 8 ingredients.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add lamb; cook 8 minutes on all sides or until browned.
- Remove lamb from pan.
- Add onion to pan; cook 5 minutes or until tender, stirring frequently. Stir in half of chile mixture and tomato pure; cook 3 minutes, stirring occasionally. Stir in lamb and water; bring to a boil. Reduce heat; simmer 5 minutes.

- Wrap handle of skillet with foil, and bake, covered, at 325 for 1 hour. Stir in bell pepper, squash, carrot, saffron, and cinnamon. Cover and bake an additional 40 minutes. Stir in remaining chile mixture and apricots. Cover and bake an additional 15 minutes.
- Remove cinnamon stick; serve over couscous.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:64.37, Glycemic Load:22.04, Inflammation Score:-10, Nutrition Score:29.662173810213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 19.06mg, Quercetin: 19.06mg, Quercetin: 19.06mg, Quercetin: 19.06mg

Nutrients (% of daily need)

Calories: 351.04kcal (17.55%), Fat: 4g (6.16%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 50.44g (18.34%), Sugar: 16.34g (18.16%), Cholesterol: 45.72mg (15.24%), Sodium: 312.53mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.77%), Vitamin A: 9544.96IU (190.9%), Vitamin C: 76.16mg (92.31%), Selenium: 50.59µg (72.27%), Vitamin B3: 7.56mg (37.79%), Manganese: 0.67mg (33.28%), Fiber: 8.13g (32.52%), Vitamin B12: 1.93µg (32.15%), Vitamin B6: 0.6mg (30.02%), Potassium: 1034.92mg (29.57%), Phosphorus: 248.69mg (24.87%), Zinc: 3.61mg (24.06%), Vitamin B1: 0.32mg (21.64%), Iron: 3.72mg (20.67%), Copper: 0.4mg (20.14%), Folate: 77.29µg (19.32%), Magnesium: 76.46mg (19.11%), Vitamin B2: 0.31mg (18.12%), Vitamin E: 2.54mg (16.94%), Vitamin B5: 1.55mg (15.52%), Vitamin K: 12.73µg (12.12%), Calcium: 98.15mg (9.81%)