



Gluten-Free Lamb with Kasha



Gluten Free



Dairy Free

READY IN



94 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 lamb shoulder boneless
- ☐ 0.5 cup onion chopped
- ☐ 1.3 cups water
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons thyme sprigs dried fresh chopped
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 garlic clove finely chopped

- ☐ 0.5 cup bulgar wheat uncooked (roasted buckwheat groats) (roasted medium-grind buckwheat groats)
- ☐ 2 cups green beans frozen

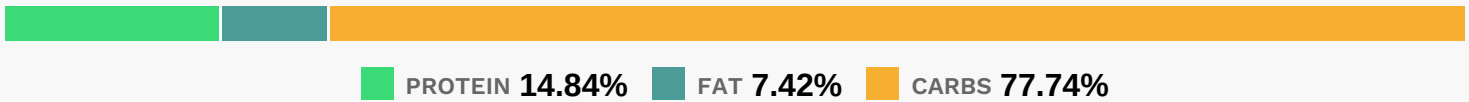
Equipment

- ☐ dutch oven

Directions

- ☐ Remove fat from lamb.
- ☐ Cut lamb into 3/4-inch pieces. Spray 4-quart nonstick Dutch oven with cooking spray; heat over medium heat. Cook lamb in Dutch oven about 10 minutes, stirring frequently, until brown.
- ☐ Stir in onion, water, lemon juice, thyme, oregano, salt and garlic.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 1 hour or until lamb is tender.
- ☐ Stir in buckwheat kernels and frozen green beans.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until beans are tender and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:5.61, Inflammation Score:-9, Nutrition Score:6.3786956619309%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 69.8kcal (3.49%), Fat: 0.64g (0.98%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 12.03g (4.37%), Sugar: 1.92g (2.13%), Cholesterol: 0.11mg (0.04%), Sodium: 199.61mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin K: 19.97µg (19.02%), Manganese: 0.33mg (16.74%), Fiber: 3.04g (12.14%), Magnesium: 47.06mg (11.76%), Vitamin C: 8.63mg (10.47%), Copper: 0.2mg (10.24%), Phosphorus: 70.13mg (7.01%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.11mg (6.49%), Iron: 1.1mg (6.09%), Vitamin A: 296.63IU (5.93%), Vitamin B6: 0.12mg (5.77%), Folate: 21.82µg (5.45%), Potassium: 182.13mg (5.2%), Vitamin B1: 0.05mg (3.63%), Calcium: 35.35mg (3.54%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.29mg (2.93%), Selenium: 1.61µg (2.3%), Vitamin E: 0.28mg (1.89%)