



## Greek Lamb and Orzo

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon cayenne pepper
- 1 stalk celery cut into 1/2 inch pieces
- 1 clove garlic minced
- 1 pound lamb
- 1 cup orzo pasta uncooked
- 0.3 teaspoon salt
- 29 ounce stewed tomatoes undrained canned

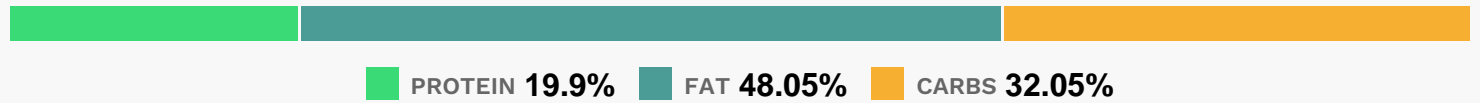
### Equipment

sauce pan

## Directions

Heat a large saucepan over medium-high heat. Stir in the lamb, and cook until browned and no longer pink, breaking up into crumbles, about 5 minutes. Stir in the tomatoes and their juice, celery, orzo, salt, cayenne pepper, and garlic. Bring to a boil; reduce heat to medium-low, cover, and simmer until the orzo is tender and has absorbed the liquid from the tomatoes, about 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:7.59, Inflammation Score:-4, Nutrition Score:14.014347988626%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 343.51kcal (17.18%), Fat: 18.36g (28.25%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 25.25g (9.18%), Sugar: 5.59g (6.22%), Cholesterol: 55.19mg (18.4%), Sodium: 451.26mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.23%), Selenium: 30.94µg (44.2%), Vitamin B3: 5.94mg (29.71%), Vitamin B12: 1.75µg (29.11%), Zinc: 3.18mg (21.2%), Phosphorus: 195.95mg (19.6%), Iron: 3.35mg (18.6%), Manganese: 0.34mg (17.08%), Copper: 0.31mg (15.31%), Potassium: 528.25mg (15.09%), Vitamin C: 11.25mg (13.64%), Vitamin B2: 0.23mg (13.34%), Magnesium: 46.56mg (11.64%), Vitamin B1: 0.17mg (11.42%), Fiber: 2.31g (9.24%), Vitamin E: 1.36mg (9.06%), Vitamin B6: 0.17mg (8.51%), Vitamin B5: 0.77mg (7.75%), Vitamin K: 8.06µg (7.68%), Folate: 27.46µg (6.87%), Calcium: 67.69mg (6.77%), Vitamin A: 300.33IU (6.01%)