



Greek Lamb and Orzo

READY IN



20 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound lamb
- ☐ 32 ounces stewed tomatoes undrained canned
- ☐ 1 medium stalk celery cut into 1/2-inch pieces
- ☐ 3 ounces soup noodles uncooked (orzo)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1 serving yogurt plain

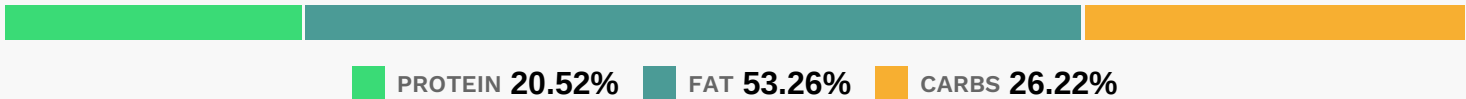
Equipment

☐ frying pan

Directions

- ☐ Cook lamb in 10-inch skillet over medium-high heat, stirring occasionally, until no longer pink; drain. Stir in tomatoes, celery, pasta, salt and red pepper.
- ☐ Heat to boiling; reduce heat to low.
- ☐ Cover and simmer about 12 minutes, stirring frequently, until tomato liquid is absorbed and orzo is tender.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:6.44, Inflammation Score:-6, Nutrition Score:19.756956380347%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 459.58kcal (22.98%), Fat: 27.35g (42.07%), Saturated Fat: 11.69g (73.04%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 27.15g (9.87%), Sugar: 8.71g (9.68%), Cholesterol: 82.81mg (27.6%), Sodium: 722.9mg (31.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.42%), Selenium: 36.17µg (51.68%), Vitamin B3: 8.78mg (43.91%), Vitamin B12: 2.62µg (43.67%), Zinc: 4.57mg (30.47%), Iron: 5.08mg (28.23%), Phosphorus: 266.58mg (26.66%), Potassium: 797.56mg (22.79%), Vitamin C: 18.32mg (22.21%), Copper: 0.43mg (21.7%), Vitamin B2: 0.34mg (19.85%), Manganese: 0.36mg (18.18%), Vitamin B1: 0.25mg (16.72%), Magnesium: 63.62mg (15.91%), Vitamin E: 2.2mg (14.65%), Fiber: 3.14g (12.57%), Vitamin K: 12.58µg (11.98%), Vitamin B6: 0.23mg (11.34%), Vitamin B5: 1.11mg (11.13%), Calcium: 104.3mg (10.43%), Folate: 39.33µg (9.83%), Vitamin A: 487.25IU (9.74%)