



# Herbed Lamb-and-White Bean Fricassee

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



5

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 15 ounce .5 can cannellini beans white drained canned
- 2 tablespoons cilantro leaves fresh chopped
- 5 garlic cloves minced
- 1 tablespoon olives green pitted chopped
- 1 pound lamb stew meat
- 2 teaspoons olive oil

- 10 ounce peas green frozen
- 1 cup bell pepper red chopped
- 1 tablespoon teaspoon rubbed sage dried fresh chopped
- 0.5 teaspoon salt
- 14.5 ounce tomato wedges undrained canned
- 0.5 cup water

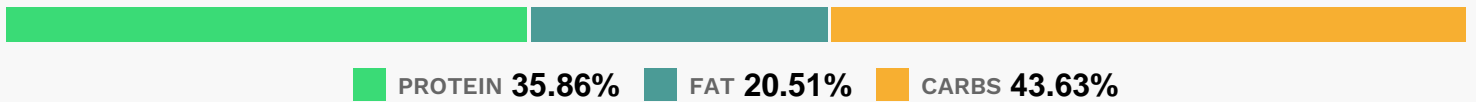
## Equipment

- dutch oven

## Directions

- Sprinkle lamb with salt.
- Heat oil in a large Dutch oven over medium heat.
- Add lamb; saut 5 minutes or until browned.
- Add bell pepper and garlic; saut 3 minutes.
- Add water and next 5 ingredients (water through peas); cover, reduce heat, and simmer 40 minutes, stirring occasionally.
- Add cilantro, sage, and black pepper; simmer 5 minutes.
- Note: Substitute 1 pound beef tips for lamb, if desired. Prepare recipe as directed, increasing water from 1/2 cup to 1 cup and simmering from 5 to 15 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:57.87, Glycemic Load:9.13, Inflammation Score:-9, Nutrition Score:30.622173972752%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin:  
0.21mg, Quercetin: 0.21mg

## **Nutrients (% of daily need)**

Calories: 323.8kcal (16.19%), Fat: 7.5g (11.54%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 35.9g (11.97%), Net  
Carbohydrates: 26.09g (9.49%), Sugar: 8.86g (9.84%), Cholesterol: 58.97mg (19.66%), Sodium: 435.87mg (18.95%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (59.01%), Vitamin C: 69.5mg (84.24%), Manganese:  
0.96mg (47.85%), Vitamin B12: 2.48µg (41.28%), Vitamin B3: 8.03mg (40.13%), Fiber: 9.81g (39.24%), Zinc: 5.78mg  
(38.52%), Iron: 6.4mg (35.54%), Phosphorus: 350mg (35%), Folate: 138.75µg (34.69%), Selenium: 24.05µg  
(34.36%), Vitamin A: 1585.05IU (31.7%), Potassium: 1108.66mg (31.68%), Vitamin K: 30.9µg (29.43%), Vitamin B1:  
0.44mg (29.18%), Copper: 0.58mg (29.14%), Vitamin B6: 0.56mg (28.19%), Magnesium: 109.17mg (27.29%), Vitamin  
B2: 0.4mg (23.37%), Vitamin E: 2.77mg (18.48%), Calcium: 129.62mg (12.96%), Vitamin B5: 1.2mg (12.04%)