



Indian Lamb Curry

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 4 cups rice hot cooked
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 2 teaspoons garam masala
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 pounds leg of lamb boneless trimmed cut into 1-inch cubes
- ☐ 2 teaspoons mustard seeds
- ☐ 0.5 teaspoon salt
- ☐ 2 cups onion white finely chopped

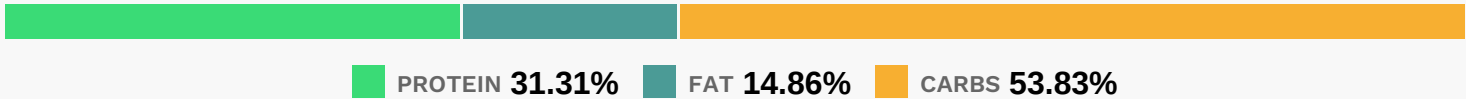
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb; saut 5 minutes or until browned.
- ☐ Remove lamb from pan; place in a 4-quart electric slow cooker.
- ☐ Drain tomatoes, reserving juice.
- ☐ Place flour in a small bowl; gradually add tomato juice, stirring with a whisk until smooth. Stir tomatoes, tomato juice mixture, onion, and next 7 ingredients (through garlic) into lamb. Cover and cook on LOW for 8 hours or until lamb is tender.
- ☐ Serve lamb curry over rice; top with yogurt, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:27.02, Inflammation Score:-5, Nutrition Score:15.21782601398%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg,

Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 4.16g (6.39%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 31.5g (11.45%), Sugar: 5.3g (5.89%), Cholesterol: 46.03mg (15.34%), Sodium: 273.92mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Selenium: 26.24µg (37.48%), Vitamin B12: 2.02µg (33.71%), Manganese: 0.62mg (30.96%), Vitamin B3: 5.67mg (28.35%), Zinc: 3.6mg (23.99%), Phosphorus: 238.22mg (23.82%), Vitamin B6: 0.36mg (17.93%), Vitamin B2: 0.28mg (16.44%), Iron: 2.77mg (15.4%), Potassium: 518.37mg (14.81%), Copper: 0.28mg (13.97%), Vitamin B1: 0.21mg (13.89%), Magnesium: 52.46mg (13.11%), Vitamin B5: 1.15mg (11.45%), Vitamin C: 8.79mg (10.65%), Folate: 40.54µg (10.13%), Fiber: 2.37g (9.49%), Calcium: 80.11mg (8.01%), Vitamin E: 0.94mg (6.3%), Vitamin K: 6.16µg (5.87%), Vitamin A: 212.55IU (4.25%)