



Irish Lamb-and-Barley Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 21 ounce beef broth canned
- 1 cup carrots chopped
- 1 teaspoon thyme leaves dried
- 0.3 teaspoon garlic powder
- 2 cups cabbage green coarsely chopped
- 0.3 teaspoon ground allspice
- 1.3 pounds lamb leg boneless lean cut into 1-inch cubes

- 1 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 cup quick-cooking barley uncooked
- 1 cup rutabaga peeled chopped
- 1 cup water

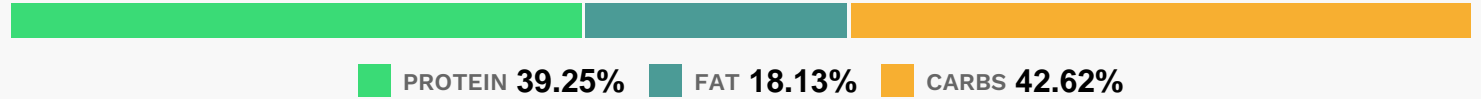
Equipment

- dutch oven

Directions

- Place a Dutch oven coated with cooking spray over medium-high heat until hot.
- Add lamb; cook 5 minutes or until browned.
- Add broth and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until the lamb is tender, stirring occasionally. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:60.46, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:24.097826055858%

Flavonoids

Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 236.24kcal (11.81%), Fat: 4.79g (7.37%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 19.32g (7.02%), Sugar: 6.04g (6.71%), Cholesterol: 57.15mg (19.05%), Sodium: 648.05mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin A: 5397.79IU (107.96%), Vitamin B12: 2.52µg (41.92%), Selenium: 28.96µg (41.37%), Vitamin B3: 8.2mg (40.99%), Vitamin K: 35.95µg (34.24%), Vitamin C: 26.6mg (32.24%), Phosphorus: 280.63mg (28.06%), Zinc: 4.11mg (27.38%), Manganese: 0.5mg (24.95%), Fiber:

6.03g (24.12%), Potassium: 719.54mg (20.56%), Vitamin B2: 0.33mg (19.56%), Vitamin B6: 0.39mg (19.31%), Iron: 3.14mg (17.47%), Vitamin B1: 0.25mg (16.97%), Folate: 64.31µg (16.08%), Magnesium: 60.99mg (15.25%), Copper: 0.25mg (12.27%), Vitamin B5: 0.99mg (9.9%), Calcium: 76.17mg (7.62%), Vitamin E: 0.6mg (3.99%)