



## Irish Lamb Stew

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups cabbage finely chopped
- 2 cups beef broth canned
- 8 ounce canned tomatoes diced with juice canned
- 6 celery stalks chopped
- 0.5 teaspoon ground coriander
- 10 servings salt and ground pepper
- 0.5 teaspoon ground thyme
- 2 large leeks chopped

- 3 pounds leg of lamb meat cut into 1 1/2-inch cubes
- 0.3 cup olive oil
- 1 tablespoon vegetable oil
- 2 large onions yellow chopped

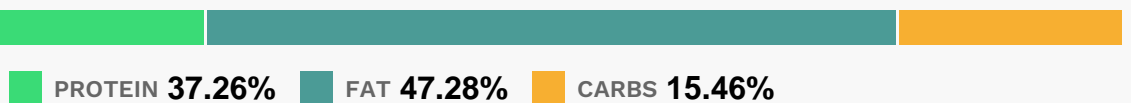
## Equipment

- oven
- dutch oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Salt and pepper the lamb chunks. In a large ovenproof Dutch oven, saute the meat in both oils until browned on all sides.
- Remove the meat from the Dutch oven and set aside.
- In the same Dutch oven, saute the celery, leeks and onions until limp, about 3 minutes.
- Add the cabbage, season with the coriander and thyme and add the tomatoes. Return the meat to the Dutch oven.
- Add the beef broth, cover and bake until the meat is fork tender, about 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:14.394782501718%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

## Nutrients (% of daily need)

Calories: 207.49kcal (10.37%), Fat: 10.92g (16.8%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 6.3g (2.29%), Sugar: 3.45g (3.83%), Cholesterol: 54.87mg (18.29%), Sodium: 271.04mg (11.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.73%), Vitamin B12: 2.35µg (39.14%), Vitamin B3: 6.14mg (30.72%), Selenium: 21.03µg (30.04%), Vitamin K: 27.8µg (26.48%), Zinc: 3.46mg (23.09%), Phosphorus: 198.77mg (19.88%), Vitamin B2: 0.26mg (15.13%), Iron: 2.56mg (14.24%), Vitamin C: 11.69mg (14.17%), Vitamin B6: 0.28mg (14.09%), Potassium: 449.06mg (12.83%), Folate: 47.76µg (11.94%), Manganese: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.47%), Vitamin E: 1.56mg (10.42%), Magnesium: 39.18mg (9.8%), Copper: 0.19mg (9.44%), Vitamin B5: 0.79mg (7.89%), Vitamin A: 373.03IU (7.46%), Fiber: 1.74g (6.94%), Calcium: 41.85mg (4.18%)