



Irish Lamb Stew



Dairy Free



Popular

READY IN



165 min.

SERVINGS



10

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds thickly bacon diced sliced
- ☐ 2 bay leaves
- ☐ 4 cups beef stock
- ☐ 4 cups carrots diced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 6 pounds lamb shoulder boneless cut into 2 inch pieces
- ☐ 1 large onion chopped
- ☐ 2 large onions cut into bite-size pieces
- ☐ 3 potatoes
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water
- ☐ 2 teaspoons sugar white
- ☐ 1 cup white wine

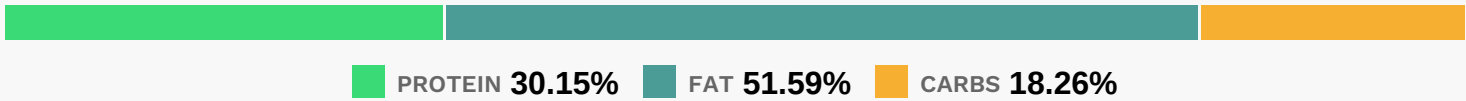
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble, and set aside.
- ☐ Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.
- ☐ Place meat into stock pot (leave 1/4 cup of fat in frying pan).
- ☐ Add the garlic and yellow onion and saute till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.
- ☐ Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:14.92, Inflammation Score:-10, Nutrition Score:34.773913176163%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 658.16kcal (32.91%), Fat: 36.31g (55.87%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 25.07g (9.11%), Sugar: 6.41g (7.12%), Cholesterol: 154.64mg (51.55%), Sodium: 918.2mg (39.92%), Alcohol: 2.47g (100%), Alcohol %: 0.58% (100%), Protein: 47.75g (95.51%), Vitamin A: 8586.49IU (171.73%), Vitamin B12: 4.92µg (81.97%), Selenium: 56.5µg (80.72%), Vitamin B3: 15.5mg (77.49%), Zinc: 8.56mg (57.06%), Phosphorus: 526.87mg (52.69%), Vitamin B6: 0.83mg (41.56%), Vitamin B1: 0.58mg (38.9%), Potassium: 1332.59mg (38.07%), Vitamin B2: 0.64mg (37.38%), Iron: 4.78mg (26.56%), Vitamin C: 19.28mg (23.37%), Magnesium: 87.63mg (21.91%), Folate: 83.6µg (20.9%), Vitamin B5: 2.04mg (20.41%), Copper: 0.4mg (20.1%), Manganese: 0.39mg (19.3%), Fiber: 3.86g (15.44%), Vitamin K: 10.26µg (9.77%), Calcium: 74.23mg (7.42%), Vitamin E: 1.05mg (6.97%), Vitamin D: 0.27µg (1.81%)