



Irish Lamb Stew



Dairy Free



Popular

READY IN



180 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 servings beef stock
- ☐ 4 carrots cut into bite sized pieces
- ☐ 2 tablespoons flour
- ☐ 1 handful parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 guinness dark (or other stout)
- ☐ 1 pound lamb loins cut into bite sized pieces

- ☐ 1 tablespoon oil
- ☐ 1 onions diced
- ☐ 1 teaspoon rosemary chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 potatoes white cut into bite sized pieces

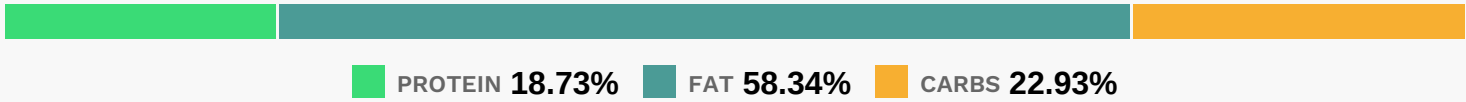
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium-high heat, add the lamb and brown on each side.
- ☐ Add the onions and saute until tender, about 5-7 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Sprinkle in the flour and stir.
- ☐ Add the Guinness and enough beef stock to cover.
- ☐ Add the rosemary, thyme, bay leaf, salt and pepper.Bring to a boil, reduce the heat and simmer until the lamb it fork tender, about 1-2 hours.
- ☐ Add the potatoes and carrots and some more beef stock to cover.Bring to a boil, reduce the heat and simmer until they are tender, about 20 minutes depending on cut.Plate and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:102.4, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:23.788695553075%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 469.31kcal (23.47%), Fat: 30.36g (46.71%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 22.56g (8.2%), Sugar: 4.76g (5.29%), Cholesterol: 82.78mg (27.59%), Sodium: 311.92mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin A: 10303.37IU (206.07%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 8.55mg (42.75%), Selenium: 23.27µg (33.25%), Vitamin K: 32.79µg (31.23%), Vitamin C: 25mg (30.31%), Zinc: 4.37mg (29.16%), Vitamin B6: 0.54mg (26.98%), Phosphorus: 263.62mg (26.36%), Potassium: 865.82mg (24.74%), Vitamin B2: 0.33mg (19.57%), Vitamin B1: 0.28mg (18.64%), Fiber: 4.3g (17.19%), Manganese: 0.34mg (16.91%), Iron: 3.03mg (16.85%), Folate: 59.62µg (14.91%), Magnesium: 56.09mg (14.02%), Copper: 0.26mg (12.98%), Vitamin B5: 1.22mg (12.2%), Vitamin E: 1.27mg (8.45%), Calcium: 62.21mg (6.22%)