



HEALTH SCORE

51%

Irish Lamb Stew with Bacon



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds shoulder blade chops bone-in trimmed
- ☐ 6 slices bacon
- ☐ 2 pounds potatoes peeled quartered (Yukon gold preferred)
- ☐ 2 large onions quartered
- ☐ 2 large carrots peeled cut into 2-inch segments
- ☐ 1 turnip peeled cut into 1-inch pieces
- ☐ 2 tablespoons pearl barley gluten-free for version (omit)
- ☐ 1 tablespoon thyme leaves dried fresh chopped

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 quart lamb stock warmed

Equipment


- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Heat a large (6-quart), thick-bottomed Dutch oven on medium heat.
- ☐ Layer the bacon on the bottom of the pan and cook the slices gently, a few minutes on each side, until much of the fat has been rendered out, and the slices have browned lightly.
- ☐ Place the cooked bacon strips on a paper-towel-lined plate to absorb the excess fat. Chop the bacon and set aside.
- ☐ Brown the lamb in bacon fat:
- ☐ Remove all but 2 tablespoons of bacon fat from the pan (do not pour the removed fat down the drain or it will clog the drain pipes). Increase the heat to medium high.
- ☐ Working in batches as to not crowd the pan, brown the lamb pieces on all sides, taking care not to stir the lamb pieces so they can get sufficiently browned.
- ☐ Arrange the meat and vegetables in the pan in layers: Start first with a layer of lamb, then add a layer of potatoes, onions, turnips, carrots, and chopped bacon.
- ☐ Add another layer of lamb and then another of vegetables.
- ☐ Add the barley, thyme, black pepper and a teaspoon of salt.
- ☐ Add water or stock to the pot, and bring to a boil. Reduce the heat to a bare simmer.
- ☐ Let simmer, covered, but with the lid slightly ajar, for 1 1/2 to 2 hours, until the meat is fork tender and falling off the bones.
- ☐ any excess fat from the stew. Use tongs to pick out and remove bones. Adjust seasonings, adding salt and pepper to taste.

Nutrition Facts



 **PROTEIN 36.06%**  **FAT 35.54%**  **CARBS 28.4%**

Properties

Glycemic Index:43.76, Glycemic Load:21.83, Inflammation Score:-10, Nutrition Score:38.01521740789%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 572.75kcal (28.64%), Fat: 22.22g (34.19%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 33.7g (12.25%), Sugar: 5.26g (5.85%), Cholesterol: 141.15mg (47.05%), Sodium: 498.52mg (21.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.74g (101.48%), Vitamin B6: 2mg (100.24%), Vitamin B1: 1.5mg (100.15%), Selenium: 69.74µg (99.63%), Vitamin B3: 18.21mg (91.06%), Vitamin A: 4056.13IU (81.12%), Phosphorus: 585.78mg (58.58%), Vitamin C: 39.51mg (47.89%), Potassium: 1594.25mg (45.55%), Vitamin B2: 0.46mg (26.93%), Zinc: 3.97mg (26.48%), Magnesium: 102.2mg (25.55%), Manganese: 0.5mg (25.17%), Fiber: 6.26g (25.02%), Vitamin B5: 2.13mg (21.27%), Iron: 3.41mg (18.94%), Vitamin B12: 1.11µg (18.53%), Copper: 0.35mg (17.69%), Vitamin K: 17.96µg (17.11%), Folate: 44.28µg (11.07%), Calcium: 72.47mg (7.25%), Vitamin D: 0.84µg (5.63%), Vitamin E: 0.58mg (3.88%)