



HEALTH SCORE

83%

Irish Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 carrots peeled cut into large chunks
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 pounds lamb shoulder boneless cut into 1 1/2 inch pieces
- ☐ 1 cup leeks coarsely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion sliced
- ☐ 1 parsnips peeled cut into large chunks

- ☐ 3 large potatoes peeled quartered
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water or as needed

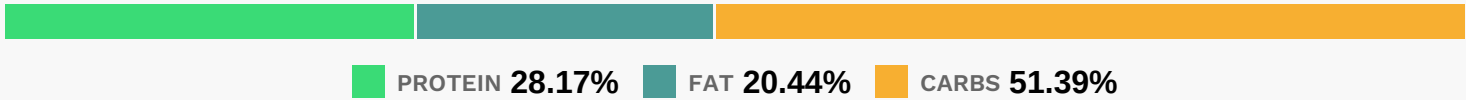
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat oil over medium heat in a large stockpot or Dutch oven.
- ☐ Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.
- ☐ Add the onion, carrots, and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet.
- ☐ Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole.
- ☐ Serve piping hot in bowls garnished with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:45.6, Glycemic Load:27.12, Inflammation Score:-10, Nutrition Score:26.754782593769%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 335.88kcal (16.79%), Fat: 7.67g (11.8%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 36.74g (13.36%), Sugar: 5.28g (5.87%), Cholesterol: 60.96mg (20.32%), Sodium: 299.21mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.57%), Vitamin A: 3658.64IU (73.17%), Vitamin C: 45.64mg (55.32%), Vitamin B12: 2.54µg (42.39%), Vitamin B3: 8.13mg (40.67%), Vitamin B6: 0.8mg (40.22%), Potassium: 1278.89mg (36.54%), Selenium: 22.94µg (32.77%), Phosphorus: 320.62mg (32.06%), Zinc: 4.77mg (31.8%), Manganese: 0.6mg (29.95%), Fiber: 6.66g (26.63%), Folate: 88.18µg (22.04%), Vitamin B1: 0.32mg (21.28%), Magnesium: 84.89mg (21.22%), Iron: 3.72mg (20.67%), Copper: 0.41mg (20.26%), Vitamin K: 20.64µg (19.66%), Vitamin B2: 0.31mg (18.51%), Vitamin B5: 1.5mg (14.98%), Vitamin E: 1.23mg (8.17%), Calcium: 70.46mg (7.05%)