



Irish Stew with Lamb

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb baking potatoes cut into 1-inch chunks (3)
- 1 cup beef broth fat-free reduced-sodium
- 0.5 lb carrots cut into 1-inch chunks (4)
- 1.5 cups beer dark
- 2 Tbsp flour
- 1.5 lb lamb shoulder trimmed cut into 3/4-inch pieces
- 2 Tbsp oil divided
- 1 large onion coarsely chopped

- 0.5 lb parsnips cut into 1-inch chunks (2)
- 0.7 oz env. seasons dressing mix italian good

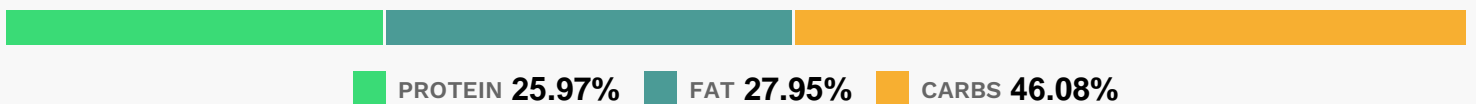
Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Heat 1 Tbsp. oil in Dutch oven or large deep skillet on medium-high heat. Coat meat with flour.
- Add in batches to pan; cook until evenly browned, stirring occasionally and adding remaining oil as needed.
- Remove meat from pan; set aside.
- Add onions to pan; cook and stir 2 min.
- Stir beer, broth and dressing mix into onions in saucepan. Return meat to pan. Bring to boil, stirring occasionally. Cover; simmer on medium-low heat 30 min.
- Add vegetables to pan; stir. Simmer, covered, 30 min. Uncover; simmer 15 min. or until meat is done, vegetables are tender and sauce is thickened, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:54.35, Glycemic Load:17.26, Inflammation Score:-10, Nutrition Score:20.96695663618%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 295.29kcal (14.76%), Fat: 8.7g (13.38%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 27.87g (10.13%), Sugar: 5.14g (5.71%), Cholesterol: 45.72mg (15.24%), Sodium: 407.74mg (17.73%), Alcohol: 2.3g (100%), Alcohol %: 0.82% (100%), Protein: 18.18g (36.35%), Vitamin A: 6316.02IU (126.32%), Vitamin B12: 1.92µg (31.99%), Vitamin B3: 6.18mg (30.92%), Selenium: 18.56µg (26.52%), Potassium: 918.09mg (26.23%), Vitamin B6: 0.51mg (25.62%), Zinc: 3.56mg (23.76%), Phosphorus: 232.74mg (23.27%), Manganese: 0.46mg (22.78%), Folate: 73.1µg (18.28%), Vitamin C: 14.82mg (17.96%), Fiber: 4.39g (17.54%), Vitamin K: 18.29µg (17.42%), Vitamin B1: 0.24mg (16.05%), Vitamin B2: 0.26mg (15.53%), Magnesium: 57.34mg (14.33%), Iron: 2.41mg (13.39%), Vitamin E: 1.8mg (12%), Copper: 0.24mg (11.97%), Vitamin B5: 1.14mg (11.38%), Calcium: 52.97mg (5.3%)