



 **67%**
HEALTH SCORE

Irish-Style Lamb Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baking potatoes peeled sliced
- 2 cups beef stock
- 1 carrots peeled sliced
- 1 large stalk celery sliced
- 1 tablespoon parsley fresh chopped for garnish
- 2 tablespoons parsley fresh chopped
- 1 pound lamb meat cubed
- 1 large onion halved sliced

4 servings salt and pepper to taste

Equipment

bowl

oven

pot

casserole dish

Directions

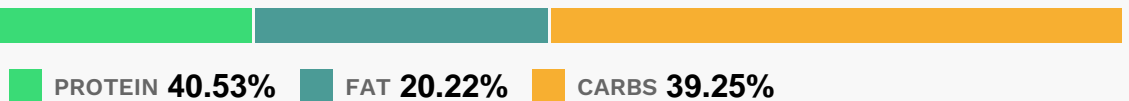
Preheat the oven to 325 degrees F (165 degrees C).

Layer the lamb meat, onion, potatoes, carrot and celery in an oven proof pot or casserole dish. Season each layer with parsley, salt and pepper as you go.

Pour in the beef stock and cover tightly.

Bake for 1 1/2 to 2 hours in the preheated oven, until vegetables and meat are very tender. Divide into bowls and garnish with additional parsley.

Nutrition Facts



Properties

Glycemic Index:63.65, Glycemic Load:17.47, Inflammation Score:-9, Nutrition Score:25.006086639736%

Flavonoids

Apigenin: 6.92mg, Apigenin: 6.92mg, Apigenin: 6.92mg, Apigenin: 6.92mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 281.71kcal (14.09%), Fat: 6.31g (9.71%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 24.67g (8.97%), Sugar: 3.9g (4.34%), Cholesterol: 73.71mg (24.57%), Sodium: 537.27mg (23.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Vitamin A: 2874.11IU (57.48%), Vitamin K: 58.21µg (55.44%), Vitamin B12: 3.1µg (51.6%), Vitamin B3: 9.25mg (46.26%), Selenium: 28.02µg (40.03%), Vitamin

B6: 0.72mg (35.96%), Zinc: 5.39mg (35.95%), Potassium: 1178.73mg (33.68%), Phosphorus: 335.68mg (33.57%),
Vitamin B2: 0.45mg (26.46%), Vitamin B1: 0.31mg (20.88%), Iron: 3.65mg (20.28%), Magnesium: 72.81mg (18.2%),
Vitamin C: 14.62mg (17.73%), Copper: 0.35mg (17.29%), Folate: 64.7µg (16.17%), Manganese: 0.3mg (14.86%),
Vitamin B5: 1.29mg (12.86%), Fiber: 2.89g (11.57%), Calcium: 58.87mg (5.89%), Vitamin E: 0.45mg (2.98%)