



Lamb and Artichoke Stew

 Dairy Free

READY IN



92 min.

SERVINGS



8

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts rinsed drained quartered canned
- 0.3 teaspoon pepper black
- 0.5 ounce porcini mushrooms dried
- 0.5 teaspoon thyme leaves dried
- 0.5 cup cooking wine dry white
- 32 ounce less-sodium chicken broth fat-free
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped

- 1 pound lamb stew meat
- 1 tablespoon olive oil divided
- 1 cup onion chopped
- 0.3 teaspoon salt
- 2 cups water boiling
- 2 tablespoons water
- 0.8 pound yukon gold potatoes cubed (2 medium)

Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- Place mushrooms in a bowl, and cover with boiling water.
- Let stand 20 minutes. Strain mushrooms from liquid, reserving liquid; finely chop mushrooms.
- Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- Add half of lamb; cook 4 to 5 minutes or until brown on all sides.
- Remove lamb from pan; set aside. Repeat procedure with 1 teaspoon oil and remaining lamb; set aside.
- Heat remaining 1 teaspoon oil in pan over medium-high heat.
- Add onion, and saut 2 minutes or until tender.
- Add lamb, artichoke hearts, and next 6 ingredients. Stir in chopped mushrooms and reserved mushroom liquid. Bring to a boil; reduce heat, and simmer, uncovered, 40 minutes or until lamb is tender.
- Combine flour and 2 tablespoons water in a small bowl, stirring with a whisk; add to stew. Cook over medium heat 5 minutes. Stir in chopped parsley.

Nutrition Facts



■ PROTEIN **34.88%** ■ FAT **28.37%** ■ CARBS **36.75%**

Properties

Glycemic Index:33.09, Glycemic Load:6.97, Inflammation Score:-5, Nutrition Score:12.563478147206%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 173.55kcal (8.68%), Fat: 5.05g (7.77%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 12.33g (4.48%), Sugar: 1.94g (2.15%), Cholesterol: 36.85mg (12.28%), Sodium: 765.15mg (33.27%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 13.97g (27.95%), Vitamin K: 33.93µg (32.32%), Vitamin B12: 1.77µg (29.58%), Selenium: 17.13µg (24.46%), Vitamin B3: 4.88mg (24.41%), Zinc: 2.73mg (18.21%), Phosphorus: 160.92mg (16.09%), Vitamin C: 12.44mg (15.08%), Vitamin B6: 0.28mg (14.18%), Potassium: 454.87mg (13%), Vitamin B2: 0.22mg (12.65%), Copper: 0.25mg (12.65%), Vitamin B5: 1.1mg (11%), Iron: 1.9mg (10.58%), Vitamin B1: 0.15mg (9.84%), Fiber: 2.39g (9.58%), Manganese: 0.18mg (9.21%), Folate: 34.28µg (8.57%), Magnesium: 33.72mg (8.43%), Vitamin A: 161.92IU (3.24%), Calcium: 27.16mg (2.72%), Vitamin E: 0.41mg (2.7%)