



Lamb and Chickpea Tagine

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- 2.5 cups less-sodium chicken broth fat-free
- 2 tablespoons cilantro leaves fresh
- 5 garlic cloves minced
- 0.5 cup golden raisins
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 2 teaspoons honey

- 1 pound lamb stew meat
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.3 cup pistachios chopped
- 0.5 teaspoon salt
- 1 tablespoon tomato paste

Equipment

- frying pan
- sauce pan
- slotted spoon
- tajine pot

Directions

- Heat a large saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add lamb; saut 4 minutes, turning to brown on all sides.
- Remove lamb with a slotted spoon.
- Add onion, salt, pepper, and cumin to pan; saut 4 minutes, stirring occasionally.
- Add garlic; saut 1 minute, stirring constantly. Return lamb to pan; stir in tomato paste and honey. Cook 30 seconds, stirring constantly.
- Add broth, raisins, and chickpeas; bring to a boil. Reduce heat to medium, and cook 50 minutes or until lamb is tender, stirring occasionally.
- Sprinkle with pistachios and cilantro.
- Wine note: You don't want your food to be sweeter than your wine. What to do, then, with a honeyed tagine? Go for a wine with deep fruit that seems sweet even if it isn't a zinfandel full of jammy, spicy blackberries, plums, pepper, chocolate, and even raisins: Rodney Strong 2007 "Knotty Vines" Zin (Sonoma County, \$22). Sara Schneider

Nutrition Facts



■ PROTEIN 29.41% ■ FAT 33.92% ■ CARBS 36.67%

Properties

Glycemic Index:67.65, Glycemic Load:11.94, Inflammation Score:-5, Nutrition Score:20.091304540634%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 344.71kcal (17.24%), Fat: 13.33g (20.51%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 26.47g (9.62%), Sugar: 13.47g (14.97%), Cholesterol: 58.97mg (19.66%), Sodium: 1021.5mg (44.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.02%), Manganese: 0.98mg (49.15%), Vitamin B12: 2.7µg (45.06%), Vitamin B6: 0.84mg (41.79%), Selenium: 26.35µg (37.64%), Vitamin B3: 6.59mg (32.94%), Phosphorus: 326.34mg (32.63%), Zinc: 4.73mg (31.5%), Fiber: 5.95g (23.81%), Copper: 0.46mg (22.83%), Iron: 3.71mg (20.62%), Potassium: 703.75mg (20.11%), Vitamin B2: 0.31mg (18.5%), Magnesium: 68.6mg (17.15%), Vitamin B1: 0.25mg (16.62%), Folate: 54.7µg (13.68%), Vitamin B5: 1.16mg (11.62%), Calcium: 74.23mg (7.42%), Vitamin E: 0.99mg (6.62%), Vitamin C: 5.15mg (6.25%), Vitamin K: 3.32µg (3.16%), Vitamin A: 150.17IU (3%)