



Lamb and Fava Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp ground pepper
- ☐ 4 cups chicken broth
- ☐ 1 tbsp cornstarch
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 lb avarakkai / broad beans
- ☐ 1 tbsp parsley fresh chopped for garnish
- ☐ 2 tsp garlic crushed
- ☐ 2 lbs lamb stew meat boneless

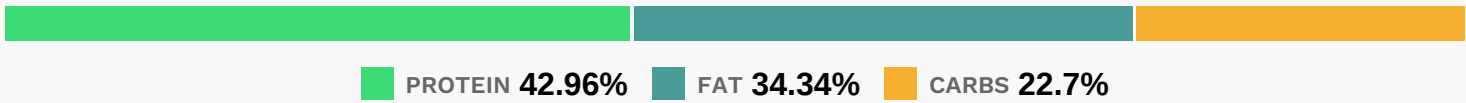
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 tsp paprika smoked
- ☐ 1.5 tsp turmeric
- ☐ 1 large onion yellow minced

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Lamb and Fava Beans
- ☐ Ingredients2 tbsp extra virgin olive oil1 large yellow onion, minced2 tsp crushed garlic2 lbs boneless lamb stew meat1 tbsp cornstarch1 1/2 tsp turmeric1/2 tsp smoked paprika1/4 tsp cayenne pepper1 quart (4 cups) chicken broth1 lb. fava beans
- ☐ Salt and pepper to taste3 cups cooked couscous, rice or quinoa for serving (optional)1 tbsp chopped fresh parsley for garnish (optional)
- ☐ Total Time: 1:30 – 2 Hours
- ☐ Servings: 4
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:35.063043511432%

Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 533.66kcal (26.68%), Fat: 20.11g (30.94%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 22.77g (8.28%), Sugar: 4.75g (5.28%), Cholesterol: 152.12mg (50.71%), Sodium: 1221.83mg (53.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.61g (113.21%), Vitamin B12: 6.24µg (103.98%), Selenium: 56.1µg (80.15%), Vitamin B3: 14.96mg (74.79%), Zinc: 10.86mg (72.42%), Phosphorus: 596.95mg (59.69%), Vitamin B2: 0.8mg (47.21%), Folate: 179.27µg (44.82%), Manganese: 0.79mg (39.28%), Iron: 6.49mg (36.08%), Vitamin B1: 0.48mg (31.83%), Copper: 0.63mg (31.6%), Potassium: 1084.9mg (31%), Magnesium: 116.93mg (29.23%), Fiber: 7.13g (28.53%), Vitamin B6: 0.53mg (26.53%), Vitamin K: 23.66µg (22.53%), Vitamin B5: 1.87mg (18.74%), Vitamin E: 1.77mg (11.81%), Calcium: 85.58mg (8.56%), Vitamin C: 5.12mg (6.2%), Vitamin A: 272.56IU (5.45%)