



HEALTH SCORE

75%

Lamb and Green Bean Stew with Spelt



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 2 garlic cloves crushed
- ☐ 1 pound green beans trimmed
- ☐ 1 pound lamb stew meat

- ☐ 1.5 cups onion vertically sliced
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup farro rinsed uncooked drained (farro)
- ☐ 0.5 cup tomato sauce
- ☐ 2 cups water

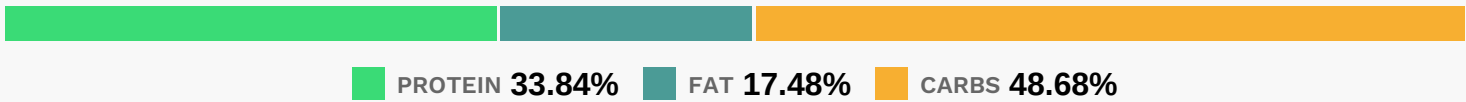
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add lamb; cook 5 minutes, browning on all sides.
- ☐ Add onion and garlic; saut 8 minutes, stirring frequently.
- ☐ Add wine, scraping pan to loosen browned bits.
- ☐ Add water and next 7 ingredients (water through bay leaf); bring to a boil. Reduce heat, and simmer 1 1/2 hours or until lamb is tender. Discard bay leaf; sprinkle servings evenly with basil.

Nutrition Facts



Properties

Glycemic Index:88.25, Glycemic Load:18.87, Inflammation Score:-9, Nutrition Score:34.389130177705%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.27mg,

Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg

Nutrients (% of daily need)

Calories: 389.37kcal (19.47%), Fat: 7.49g (11.52%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 36.86g (13.4%), Sugar: 14.1g (15.66%), Cholesterol: 73.71mg (24.57%), Sodium: 808.61mg (35.16%), Alcohol: 3.15g (100%), Alcohol %: 0.66% (100%), Protein: 32.62g (65.24%), Manganese: 1.6mg (79.96%), Vitamin K: 60.86µg (57.96%), Vitamin B3: 11.46mg (57.31%), Vitamin B12: 3.1µg (51.6%), Selenium: 31.68µg (45.25%), Phosphorus: 449.87mg (44.99%), Zinc: 6.54mg (43.57%), Fiber: 10.07g (40.28%), Vitamin C: 30.53mg (37.01%), Iron: 6.46mg (35.91%), Vitamin B6: 0.69mg (34.67%), Magnesium: 135.8mg (33.95%), Potassium: 1178.42mg (33.67%), Copper: 0.66mg (32.91%), Vitamin B1: 0.47mg (31.64%), Vitamin B2: 0.52mg (30.54%), Folate: 106.49µg (26.62%), Vitamin A: 1195.58IU (23.91%), Vitamin B5: 1.88mg (18.76%), Vitamin E: 2.72mg (18.13%), Calcium: 123.07mg (12.31%)