



## LAMB AND KIDNEY HOT- POT

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 25 g butter
- 4 servings pepper black
- 700 g lamb loins cut into pieces
- 225 g onion
- 700 g potatoes
- 4 servings salt
- 275 ml veal stock

### Equipment

oven

pot

## Directions

Heat the oven to 160 c. gas mark

Trim the pieces of meat of any surplus fat and rinse off any loose splinters of bone (sometimes the bones splinter when the butcher chops them).

Peel away the fat surrounding the kidney. Nick the skin on the rounded side of each kidney and draw it back on each side until it is attached by the core only. Draw out as much core as possible and then cut off skin and core close to kidney.

Cut each kidney in half horizontally.

Peel the onion and cut into thin slices.

Peel the potatoes and cut into 6 mm. thick slices.

Fill a hot-pot or deep casserole with alternate layers of potato, meat and kidney, and onions, starting with a layer of potatoes. Season lightly between each layer.

Pour on the cold stock. Top with a layer of potato, arranging the slices so that they overlap each other like roof tiles to completely cover the meat. Do the potatoes with tiny pieces of butter, and put the lid on tightly.

Cook in the centre of the oven for one and an half hour, reducing heat if necessary.

Uncover the hot-pot and cook for a further half an hour to allow the potatoes to brown.

Serve from the pot.

## Nutrition Facts

  
**PROTEIN 19.7%** **FAT 59.38%** **CARBS 20.92%**

## Properties

Glycemic Index:48.19, Glycemic Load:23.55, Inflammation Score:-6, Nutrition Score:26.824782915737%

## Flavonoids

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: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

## Nutrients (% of daily need)

Calories: 704.88kcal (35.24%), Fat: 46.32g (71.26%), Saturated Fat: 21.14g (132.12%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 31.9g (11.6%), Sugar: 4.13g (4.59%), Cholesterol: 141.19mg (47.06%), Sodium: 488.09mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.14%), Vitamin B12: 4.05µg (67.55%), Vitamin B3: 12.95mg (64.76%), Selenium: 34.61µg (49.44%), Vitamin C: 38.64mg (46.83%), Zinc: 6.7mg (44.64%), Vitamin B6: 0.85mg (42.5%), Phosphorus: 414.09mg (41.41%), Potassium: 1339.27mg (38.26%), Vitamin B2: 0.5mg (29.67%), Vitamin B1: 0.38mg (25.45%), Iron: 4.4mg (24.43%), Magnesium: 87.81mg (21.95%), Copper: 0.42mg (21.2%), Manganese: 0.39mg (19.34%), Fiber: 4.83g (19.33%), Folate: 71.79µg (17.95%), Vitamin B5: 1.73mg (17.33%), Vitamin K: 10.52µg (10.02%), Calcium: 69.58mg (6.96%), Vitamin E: 0.53mg (3.55%), Vitamin A: 161.36IU (3.23%), Vitamin D: 0.17µg (1.17%)