



## Lamb and Okra with Indian Spices

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 0.1 teaspoon pepper black
- 1 teaspoon brown sugar
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 6 cups rice hot cooked
- 2 tablespoons flour all-purpose
- 3 large garlic cloves crushed
- 1 teaspoon ground cumin

- 0.3 teaspoon ground pepper red
- 1.5 pounds boned leg of lamb lean
- 14.5 ounce okra drained sliced well canned
- 1.5 cups onion chopped
- 1 tablespoon pumpkin-pie spice
- 0.5 teaspoon salt divided
- 2 tablespoons coconut or sweetened flaked toasted

## Equipment

- frying pan
- ziploc bags

## Directions

- Trim fat from lamb; cut into 3/4-inch cubes.
- Combine lamb, flour, pumpkin-pie spice, 1/4 teaspoon salt, and black pepper in a large zip-top plastic bag; seal and toss well. Set aside.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add lamb; cook 5 minutes or until browned on all sides.
- Drain lamb; set aside. Recoat skillet with cooking spray.
- Add onion, garlic, and bay leaves; saut 5 minutes or until onion is tender. Return lamb to skillet.
- Add 1/4 teaspoon salt, tomatoes, cumin, sugar, and red pepper; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Gently stir in okra; cover and simmer an additional 5 minutes. Discard bay leaves.
- Serve over rice; sprinkle with coconut.

## Nutrition Facts



## Properties

Glycemic Index:63.33, Glycemic Load:52.52, Inflammation Score:-8, Nutrition Score:24.752174004264%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg

## Nutrients (% of daily need)

Calories: 398.86kcal (19.94%), Fat: 5.66g (8.7%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 64.89g (21.63%), Net Carbohydrates: 59.28g (21.55%), Sugar: 8.38g (9.31%), Cholesterol: 45.72mg (15.24%), Sodium: 352.15mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.93%), Manganese: 1.75mg (87.47%), Selenium: 31.71µg (45.3%), Vitamin B3: 6.89mg (34.45%), Vitamin B12: 1.93µg (32.15%), Vitamin C: 25.83mg (31.31%), Vitamin B6: 0.6mg (29.81%), Phosphorus: 294.28mg (29.43%), Zinc: 4.28mg (28.55%), Magnesium: 101.32mg (25.33%), Vitamin K: 25.71µg (24.48%), Vitamin B1: 0.37mg (24.37%), Fiber: 5.62g (22.47%), Copper: 0.45mg (22.33%), Potassium: 768.16mg (21.95%), Folate: 83.99µg (21%), Iron: 3.68mg (20.45%), Vitamin B2: 0.3mg (17.93%), Vitamin B5: 1.57mg (15.66%), Vitamin A: 682.58IU (13.65%), Calcium: 123.57mg (12.36%), Vitamin E: 1.33mg (8.85%)