



Lamb and Orange Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 3 cups couscous hot cooked
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup golden raisins pitted chopped
- ☐ 0.3 teaspoon ground cardamom

- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground ginger
- ☐ 2.5 pounds leg of lamb boneless trimmed cut into 1-inch pieces
- ☐ 1.5 teaspoons olive oil
- ☐ 2 cups onion sliced
- ☐ 1.5 cups orange sections (3 oranges)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted

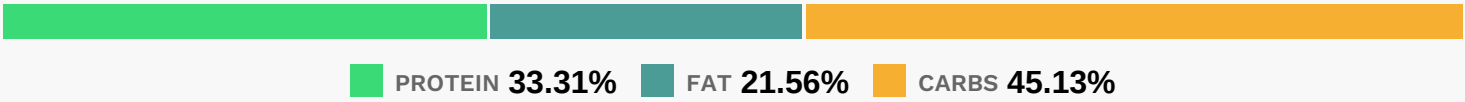
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add half of lamb; cook 5 minutes or until lamb is browned.
- ☐ Remove from pan. Repeat procedure with remaining lamb.
- ☐ Heat olive oil in pan over medium-high heat.
- ☐ Add onion, and saut for 7 minutes or until tender.
- ☐ Add ginger and next 6 ingredients (through cinnamon stick), stirring to combine; saut 2 minutes. Return lamb to pan; stir in broth and 1/4 teaspoon salt. Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours, stirring occasionally. Uncover and simmer 30 minutes, stirring frequently. Discard cinnamon stick.
- ☐ Add orange sections and dates, stirring gently to combine, and cook for 5 minutes.
- ☐ Place 1/2 cup couscous into each of 6 shallow bowls, and top with about 3/4 cup lamb mixture.
- ☐ Sprinkle each serving with 2 teaspoons cilantro and 1 teaspoon almonds.

Nutrition Facts



Properties

Glycemic Index:46.36, Glycemic Load:19.44, Inflammation Score:-7, Nutrition Score:23.213043461675%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.91mg, Naringenin: 6.91mg, Naringenin: 6.91mg, Naringenin: 6.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 361.28kcal (18.06%), Fat: 8.75g (13.45%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 36.36g (13.22%), Sugar: 14.05g (15.61%), Cholesterol: 76.2mg (25.4%), Sodium: 495.09mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.4g (60.81%), Selenium: 52.76µg (75.37%), Vitamin B12: 3.37µg (56.1%), Vitamin B3: 9.21mg (46.05%), Vitamin C: 29.27mg (35.47%), Zinc: 5.18mg (34.53%), Manganese: 0.66mg (32.82%), Phosphorus: 317.37mg (31.74%), Vitamin B2: 0.44mg (25.82%), Vitamin B6: 0.43mg (21.34%), Potassium: 729.57mg (20.84%), Iron: 3.75mg (20.84%), Vitamin B1: 0.3mg (20.2%), Fiber: 4.83g (19.31%), Magnesium: 68.51mg (17.13%), Copper: 0.34mg (17.03%), Folate: 66.1µg (16.52%), Vitamin B5: 1.47mg (14.73%), Vitamin E: 1.64mg (10.95%), Calcium: 82.26mg (8.23%), Vitamin A: 254.57IU (5.09%), Vitamin K: 3.98µg (3.79%)