



Lamb and Potato Skillet



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb lamb
- ☐ 1 medium leek chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 cup beef broth flavored (from 32-oz carton)
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 medium potatoes cut into 1/4-inch pieces (3 cups)

- ☐ 1 bay leaves dried
- ☐ 1 cup tomatoes coarsely chopped

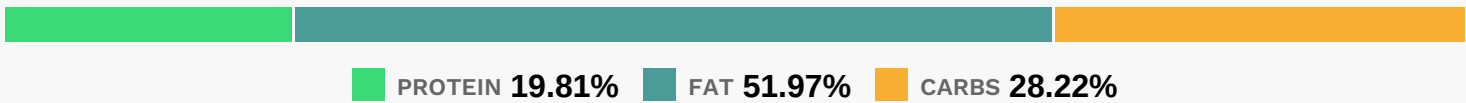
Equipment

- ☐ frying pan

Directions

- ☐ Cook lamb, leek and garlic in 10-inch skillet over medium heat, stirring frequently, until lamb is brown; drain.
- ☐ Stir remaining ingredients except tomatoes into lamb mixture.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 12 minutes, stirring occasionally, until potatoes are tender.
- ☐ Remove bay leaf. Stir in tomatoes; heat through.

Nutrition Facts



Properties

Glycemic Index:57.69, Glycemic Load:21.78, Inflammation Score:-7, Nutrition Score:21.770434804585%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 466.72kcal (23.34%), Fat: 26.91g (41.4%), Saturated Fat: 11.65g (72.83%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 28.46g (10.35%), Sugar: 3.1g (3.45%), Cholesterol: 82.78mg (27.59%), Sodium: 485.31mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Vitamin C: 39.57mg (47.97%), Vitamin B3: 9mg (44.98%), Vitamin B12: 2.64µg (44.01%), Vitamin B6: 0.71mg (35.68%), Selenium: 22.34µg (31.92%), Potassium: 1074.42mg (30.7%), Zinc: 4.43mg (29.55%), Phosphorus: 291.16mg (29.12%), Manganese: 0.45mg (22.55%), Iron: 3.67mg (20.37%), Vitamin K: 20.74µg (19.75%), Vitamin B1: 0.28mg (18.8%), Vitamin B2: 0.31mg (18.28%), Magnesium: 71.98mg (17.99%), Fiber: 4.42g (17.67%), Copper: 0.34mg (17.01%), Folate: 66.64µg (16.66%), Vitamin A: 694.41IU (13.89%), Vitamin B5: 1.29mg (12.87%), Calcium: 58.47mg (5.85%), Vitamin E: 0.65mg (4.34%)