



HEALTH SCORE

74%

Lamb and Sweet Potato-Curry Stew



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



15.5 ounce chickpeas drained canned



1 cup carrots sliced ()



10 ounce couscous



1 teaspoon curry powder



14.5 ounce less-sodium chicken broth fat-free canned



1 cup bell pepper green chopped



2 tablespoons ground cumin

- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 pounds lamb stew meat lean trimmed
- ☐ 3.3 cups onion coarsely chopped
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 teaspoon salt
- ☐ 2 cups sweet potatoes and into cubed peeled
- ☐ 4 cups tomatoes chopped

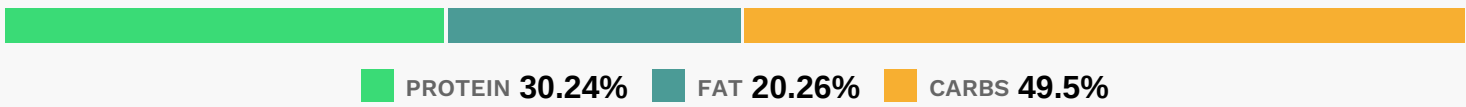
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add lamb; cook 5 minutes or until browned, stirring frequently. Stir in onion and next 5 ingredients (onion through turmeric); cook 5 minutes. Stir in tomato and next 5 ingredients (tomato through pepper). Bring to a boil; cover, reduce heat, and simmer 35 minutes. Uncover; simmer 30 minutes.
- ☐ Prepare couscous according to package directions, omitting salt and fat.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:24.7, Inflammation Score:-10, Nutrition Score:30.570434902025%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 14.08mg, Quercetin: 14.08mg, Quercetin: 14.08mg, Quercetin: 14.08mg

Nutrients (% of daily need)

Calories: 436.38kcal (21.82%), Fat: 9.81g (15.09%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 53.91g (17.97%),
Net Carbohydrates: 45.67g (16.61%), Sugar: 7.43g (8.26%), Cholesterol: 73.71mg (24.57%), Sodium: 769.71mg
(33.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.87%), Vitamin A: 8111.03IU (162.22%),
Manganese: 1.14mg (56.9%), Vitamin B12: 3.2µg (53.31%), Vitamin B3: 9.38mg (46.88%), Selenium: 28.75µg (41.08%),
Phosphorus: 394.63mg (39.46%), Zinc: 5.88mg (39.19%), Vitamin C: 31.96mg (38.74%), Vitamin B6: 0.77mg
(38.51%), Fiber: 8.23g (32.93%), Potassium: 977.42mg (27.93%), Iron: 4.92mg (27.33%), Copper: 0.47mg (23.72%),
Magnesium: 93.69mg (23.42%), Vitamin B2: 0.39mg (23.02%), Vitamin B1: 0.34mg (22.75%), Folate: 80.09µg
(20.02%), Vitamin B5: 1.95mg (19.47%), Vitamin K: 10.7µg (10.19%), Calcium: 95.35mg (9.54%), Vitamin E: 1.31mg
(8.73%)