



Lamb and Winter Vegetable Stew

READY IN



90 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 cups beef broth
- 0.3 teaspoon pepper black
- 2 cups butternut squash peeled seeded sliced
- 1 cup celery sliced
- 1 cup cooking wine dry red
- 3 tablespoons flour all-purpose
- 1 tablespoon thyme leaves fresh chopped
- 2 cloves garlic minced

- 1 pound lamb stew meat cubed
- 1 medium onion thinly sliced
- 1 cup parsnips peeled sliced
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1 cup sweet potatoes peeled chopped
- 2 tablespoons vegetable oil

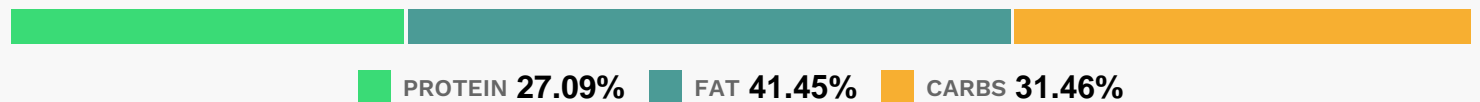
Equipment

- bowl
- sauce pan

Directions

- Heat the oil in a large saucepan, and brown the lamb meat on all sides.
- Drain fat, and stir in the beef broth and wine. Season with garlic, thyme, salt, pepper, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 20 minutes.
- Mix in the squash, parsnips, sweet potatoes, celery, and onion. Bring to a boil, then reduce heat and simmer 30 minutes, or until the vegetables are tender.
- In a small bowl, blend the sour cream and flour. Gradually stir in 1/2 cup of the hot stew mixture.
- Stir the sour cream mixture into the saucepan.
- Remove the bay leaf, and continue to cook and stir until thickened.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:4.79, Inflammation Score:-10, Nutrition Score:16.67565213079%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 225.81kcal (11.29%), Fat: 9.49g (14.6%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.53g (4.92%), Sugar: 3.52g (3.91%), Cholesterol: 45.34mg (15.11%), Sodium: 360.32mg (15.67%), Alcohol: 3.15g (100%), Alcohol %: 1.51% (100%), Protein: 13.96g (27.92%), Vitamin A: 6268.36IU (125.37%), Vitamin B12: 1.62µg (27%), Vitamin B3: 4.73mg (23.64%), Selenium: 15.64µg (22.34%), Zinc: 2.69mg (17.91%), Phosphorus: 169.3mg (16.93%), Vitamin C: 13.75mg (16.67%), Manganese: 0.31mg (15.73%), Potassium: 518.12mg (14.8%), Vitamin K: 14.77µg (14.07%), Vitamin B2: 0.23mg (13.42%), Folate: 50.27µg (12.57%), Vitamin B6: 0.25mg (12.3%), Vitamin B1: 0.17mg (11.58%), Magnesium: 43.35mg (10.84%), Fiber: 2.68g (10.73%), Iron: 1.92mg (10.68%), Vitamin B5: 0.9mg (9.05%), Vitamin E: 1.29mg (8.61%), Copper: 0.16mg (8.17%), Calcium: 64.96mg (6.5%)