



Lamb & apricot stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 250 g stewing lamb pieces
- ☐ 1 onion thinly sliced
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp ginger chopped
- ☐ 2 tsp ras-el-hanout
- ☐ 1 tbsp tomato purée
- ☐ 5 apricots dried soft halved

- ☐ 300 ml chicken stock see
- ☐ 1 leaves coriander and lemon wedges cooked

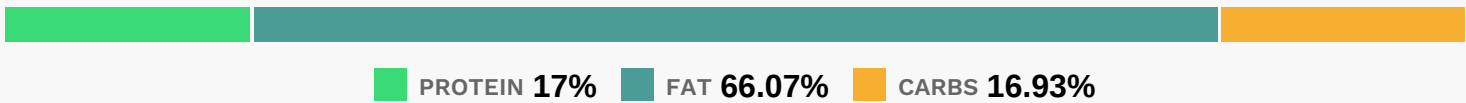
Equipment

- ☐ frying pan

Directions

- ☐ In a medium-sized pan, heat 1 tbsp of the oil. Season the meat and fry briefly until browned.
- ☐ Remove from the pan and add the remaining oil.
- ☐ Add the onion, garlic and ginger, and fry with a little seasoning. Cook for 5 mins until soft, then add the spice mix, tomato pure, apricots and stock, and return the lamb to the pan. Simmer gently for 25 mins.
- ☐ Serve with warm couscous, mint or coriander leaves, and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:67.95, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:20.40739136416%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 614.23kcal (30.71%), Fat: 45.37g (69.81%), Saturated Fat: 15.22g (95.15%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 22.72g (8.26%), Sugar: 15.96g (17.74%), Cholesterol: 95.81mg (31.94%), Sodium: 299.23mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.55%), Vitamin B3: 10.67mg (53.37%), Vitamin B12: 2.89µg (48.13%), Selenium: 27.94µg (39.91%), Zinc: 4.75mg (31.69%), Phosphorus: 276.91mg (27.69%), Vitamin B2: 0.44mg (25.9%), Vitamin E: 3.69mg (24.57%), Vitamin K: 25.56µg (24.35%), Potassium: 828.74mg (23.68%), Iron: 3.84mg (21.32%), Vitamin B6: 0.4mg (20.17%), Copper: 0.35mg (17.27%), Vitamin A: 798.13IU

(15.96%), Vitamin B1: 0.23mg (15.22%), Manganese: 0.28mg (13.91%), Fiber: 3.43g (13.71%), Magnesium: 52.86mg (13.21%), Folate: 48.19µg (12.05%), Vitamin B5: 1.05mg (10.52%), Calcium: 81.95mg (8.19%), Vitamin C: 6.37mg (7.72%)