



Lamb Broth with Cucumber & Mint Yogurt

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 6 servings pepper black
- ☐ 1 carrots peeled cut into chunks
- ☐ 1 pasta like spaghetti cut into thin strands or "spaghetti" (see note)
- ☐ 2 garlic clove
- ☐ 500 g lamb loins
- ☐ 3 sprigs mint leaves
- ☐ 1 onion peeled cut into chunks
- ☐ 6 servings yogurt plain (natural)

- ☐ 4 tsp sea salt
- ☐ 1 sprig thyme leaves
- ☐ 1 turnip peeled cut into chunks
- ☐ 8.5 cups water ()

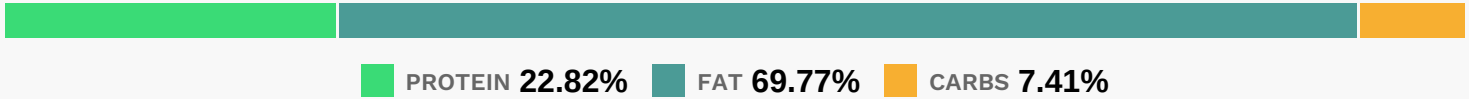
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve

Directions

- ☐ Put all the ingredients into a saucepan over medium heat and bring to a boil. Boil for 3—4 minutes and skim off the froth that forms on the surface, then reduce the heat to low and simmer gently for 1 1/2—2 hours, until the lamb is tender and almost falling off the bone, then remove from the heat.
- ☐ Remove the shank from the stock, then pass the stock through a fine strainer or sieve into a clean saucepan (discard the vegetables) and keep hot. Taste and adjust the seasoning if necessary. Shred the lamb meat from the bone.
- ☐ To serve, divide the shredded lamb meat among 6 soup bowls. Gather the cucumber strips into 6 bundles and add one to each bowl, then pour over the hot stock and add a tablespoon of yogurt. Finish with a few mint sprigs and a grinding of black pepper.
- ☐ Serve immediately.
- ☐ Cucumber "Spaghetti"
- ☐ For an extra decorative effect, serve this soup topped with "spaghetti": use the comb blade on a mandolin or cut the cucumber into ribbons and then slice them into thin strips using a very sharp knife.
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Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:11.057391236658%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 255.73kcal (12.79%), Fat: 19.62g (30.19%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.09g (2.33%), Cholesterol: 60.96mg (20.32%), Sodium: 1638.45mg (71.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin A: 1730.63IU (34.61%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 5.19mg (25.96%), Selenium: 16.19µg (23.13%), Zinc: 3.02mg (20.13%), Phosphorus: 148.71mg (14.87%), Vitamin B2: 0.2mg (11.58%), Vitamin B6: 0.18mg (8.87%), Copper: 0.18mg (8.78%), Iron: 1.53mg (8.48%), Vitamin C: 6.98mg (8.46%), Potassium: 294.67mg (8.42%), Vitamin B1: 0.12mg (7.87%), Magnesium: 27.5mg (6.87%), Vitamin B5: 0.65mg (6.47%), Manganese: 0.13mg (6.32%), Folate: 24.29µg (6.07%), Vitamin K: 4.62µg (4.4%), Calcium: 43.55mg (4.35%), Fiber: 1.08g (4.33%), Vitamin E: 0.25mg (1.64%)