



Lamb Curry

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large apples diced peeled
- ☐ 0.3 cup butter
- ☐ 1.8 cups celery diced
- ☐ 6 servings rice hot cooked
- ☐ 2 teaspoons curry powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon brown bouquet sauce

- ☐ 2 cups roast lamb cooked cut into 1/2-inch cubes
- ☐ 1.5 cups onion diced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water hot
- ☐ 6 servings condiments
- ☐ 6 servings condiments

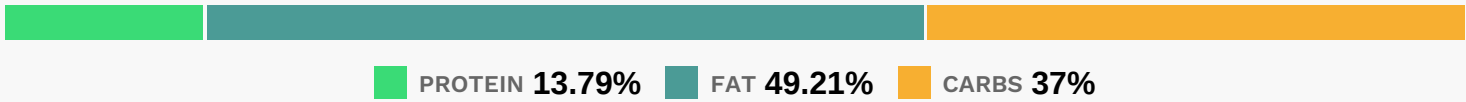
Equipment

- ☐ dutch oven

Directions

- ☐ Saut celery, onion, and apple in butter in a large Dutch oven over medium heat until onion is golden brown. Stir in flour.
- ☐ Combine water and bouquet sauce; gradually add to sauted mixture, blending until smooth.
- ☐ Add next 6 ingredients, mixing well. Bring mixture to a boil; reduce heat. Cover and simmer 30 minutes or until mixture is thickened and bubbly.
- ☐ Serve over hot cooked rice with the following condiments: (about 3/4 cup each) chutney, flaked coconut, chopped hard-cooked egg, crumbled cooked bacon, and salted peanuts.

Nutrition Facts



Properties

Glycemic Index:61.8, Glycemic Load:33.4, Inflammation Score:-6, Nutrition Score:14.34695649147%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg,

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg
Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.36mg, Luteolin: 0.36mg,
Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg
Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg,
Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 485.37kcal (24.27%), Fat: 26.65g (41%), Saturated Fat: 9.76g (61%), Carbohydrates: 45.1g (15.03%), Net
Carbohydrates: 41.57g (15.12%), Sugar: 6.22g (6.91%), Cholesterol: 57.57mg (19.19%), Sodium: 373.71mg (16.25%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Selenium: 22.53µg (32.19%), Vitamin B12: 1.83µg
(30.52%), Manganese: 0.6mg (30.01%), Vitamin B3: 5.57mg (27.87%), Zinc: 3.28mg (21.88%), Phosphorus: 198.27mg
(19.83%), Vitamin B2: 0.26mg (15.25%), Vitamin B6: 0.29mg (14.71%), Potassium: 496.46mg (14.18%), Fiber: 3.53g
(14.11%), Vitamin K: 13.25µg (12.62%), Iron: 2.26mg (12.57%), Vitamin B1: 0.18mg (11.94%), Copper: 0.23mg (11.55%),
Folate: 44.25µg (11.06%), Magnesium: 42.54mg (10.63%), Vitamin A: 498.33IU (9.97%), Vitamin B5: 1mg (9.96%),
Vitamin C: 6.33mg (7.67%), Calcium: 56.64mg (5.66%), Vitamin E: 0.79mg (5.27%)