



Lamb Curry with Apples

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups golden delicious apple peeled chopped
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound lamb stew meat lean trimmed

- ☐ 14.5 ounce low-salt beef broth canned
- ☐ 3 cups onion vertically sliced
- ☐ 1 teaspoon vegetable oil

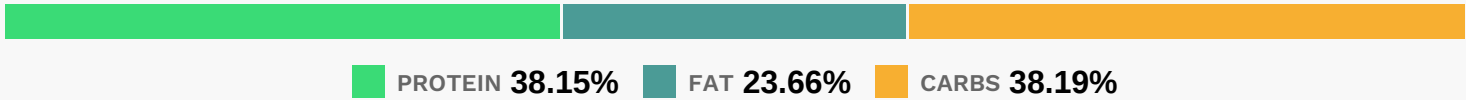
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place lamb in a medium bowl.
- ☐ Sprinkle with flour, tossing to coat.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add lamb; cook 4 minutes or until browned, stirring frequently. Stir in onion, curry, ginger, and pepper; cook for 5 minutes or until onion is tender. Stir in apple, garlic, tomatoes, and broth. Bring to a boil; cover, reduce heat, and simmer for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:7.92, Inflammation Score:-7, Nutrition Score:22.138260903566%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 26.13mg, Quercetin: 26.13mg, Quercetin: 26.13mg, Quercetin: 26.13mg

Nutrients (% of daily need)

Calories: 291.8kcal (14.59%), Fat: 7.8g (12%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 22.69g (8.25%), Sugar: 14.4g (16%), Cholesterol: 73.71mg (24.57%), Sodium: 404.66mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin B12: 3.1µg (51.6%), Vitamin B3: 8.41mg (42.04%), Selenium: 28.52µg (40.75%), Zinc: 5.31mg (35.4%), Manganese: 0.65mg (32.65%), Potassium: 1087.35mg (31.07%), Phosphorus: 297.24mg (29.72%), Vitamin B6: 0.55mg (27.65%), Vitamin C: 19.33mg (23.43%), Iron: 4.19mg (23.28%), Vitamin B2: 0.39mg (22.76%), Fiber: 5.66g (22.63%), Vitamin B1: 0.31mg (20.73%), Copper: 0.41mg (20.37%), Magnesium: 69.22mg (17.3%), Folate: 68.89µg (17.22%), Vitamin E: 1.99mg (13.3%), Vitamin B5: 1.3mg (12.99%), Vitamin K: 9.99µg (9.51%), Calcium: 85.9mg (8.59%), Vitamin A: 309.5IU (6.19%)