



WHATSheATE



Lamb Curry with Chickpeas



Gluten Free



Dairy Free

READY IN



252 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black
- ☐ 20 oz garbanzo beans drained and rinsed canned
- ☐ 14 oz lite coconut milk reduced-fat canned
- ☐ 2 carrots sliced
- ☐ 3 tablespoons curry powder
- ☐ 6 servings kosher salt
- ☐ 2.5 pounds lamb shoulder trimmed of fat cut into 1 1/2-inch cubes
- ☐ 1 large onion chopped

☐ 2 tablespoons vegetable oil

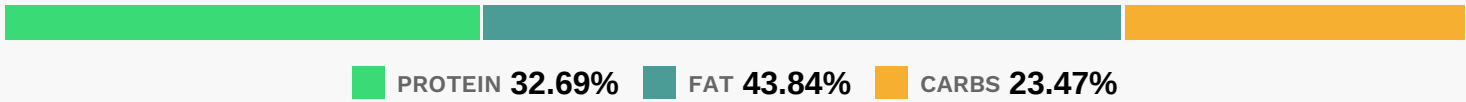
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ Put onion, carrots, coconut milk, curry powder and 1/4 cup water in slow cooker. Season lamb with salt and pepper on all sides.
- ☐ Heat a large skillet over medium-high heat until hot.
- ☐ Add 1 Tbsp. oil.
- ☐ Add one-third of lamb and cook until browned all over, about 6 minutes.
- ☐ Transfer lamb to slow cooker. Repeat with remaining batches of lamb and 1 Tbsp. oil.
- ☐ Add 1/2 cup water to skillet, scraping pan with a wooden spoon to incorporate browned bits.
- ☐ Pour liquid into slow cooker. Cover and cook on high for 4 hours.
- ☐ In final half hour of cooking, skim fat off stew and discard. Stir in chickpeas and continue to cook.
- ☐ Serve lamb over basmati or other white rice.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:24.108695859494%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 363.86kcal (18.19%), Fat: 17.46g (26.87%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 14.87g (5.41%), Sugar: 2.11g (2.34%), Cholesterol: 76.2mg (25.4%), Sodium: 610.38mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.61%), Vitamin A: 3441.69IU (68.83%), Vitamin B12: 3.18µg (52.99%), Manganese: 1mg (50.24%), Selenium: 29.58µg (42.26%), Zinc: 5.81mg (38.72%), Vitamin B3: 7.6mg (38%), Vitamin B6: 0.72mg (35.92%), Phosphorus: 322.06mg (32.21%), Fiber: 6.17g (24.69%), Iron: 4.25mg (23.6%), Vitamin B2: 0.32mg (18.54%), Potassium: 627.03mg (17.92%), Magnesium: 68.02mg (17%), Copper: 0.33mg (16.38%), Folate: 65.45µg (16.36%), Vitamin B1: 0.21mg (13.72%), Vitamin K: 14.28µg (13.6%), Vitamin B5: 1.23mg (12.27%), Vitamin E: 1.43mg (9.55%), Calcium: 74.73mg (7.47%), Vitamin C: 3.49mg (4.23%)