

Lamb Dijon

 Dairy Free

READY IN



280 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons vegetable oil
- 2 pounds lamb stew meat
- 1.3 pounds baby potatoes cubed
- 0.3 cup dijon mustard
- 0.5 teaspoon lemon zest grated

- 1 tablespoon juice of lemon
- 2 teaspoons rosemary dried fresh chopped
- 2 cloves garlic finely chopped
- 14.5 ounces beef broth ready-to-serve canned
- 10 ounces peas green frozen thawed

Equipment

- frying pan
- ziploc bags
- slow cooker

Directions

- Mix flour, salt and pepper in resealable plastic bag.
- Add lamb; shake until evenly coated.
- Heat oil in 12-inch skillet over medium-high heat. Cook lamb in oil about 20 minutes, stirring occasionally, until brown; drain.
- Mix lamb and remaining ingredients except peas in 3 1/2- to 6-quart slow cooker.
- Cover and cook on low heat setting 8 to 10 hours or until lamb is tender.
- Skim fat from juices in cooker. Stir peas into lamb mixture.
- Cover and cook on high heat setting 10 to 15 minutes or until peas are hot.

Nutrition Facts



Properties

Glycemic Index:61.18, Glycemic Load:16.92, Inflammation Score:-7, Nutrition Score:27.689565223196%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 386.24kcal (19.31%), Fat: 13.36g (20.56%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 23.03g (8.37%), Sugar: 3.66g (4.06%), Cholesterol: 98.28mg (32.76%), Sodium: 863.22mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.74%), Vitamin B12: 4.18µg (69.59%), Vitamin B3: 11.89mg (59.46%), Selenium: 41.53µg (59.33%), Zinc: 7.25mg (48.36%), Vitamin C: 39.07mg (47.36%), Phosphorus: 418.3mg (41.83%), Vitamin B6: 0.63mg (31.57%), Vitamin B1: 0.46mg (30.84%), Vitamin B2: 0.5mg (29.67%), Potassium: 1009.02mg (28.83%), Iron: 4.67mg (25.96%), Manganese: 0.49mg (24.47%), Folate: 92.9µg (23.23%), Fiber: 5.44g (21.76%), Magnesium: 84.79mg (21.2%), Vitamin K: 22.17µg (21.12%), Copper: 0.39mg (19.42%), Vitamin B5: 1.48mg (14.81%), Vitamin A: 372.53IU (7.45%), Vitamin E: 0.82mg (5.46%), Calcium: 51.41mg (5.14%)