



Lamb Dijon

 Dairy Free

READY IN



280 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounces beef broth ready-to-serve canned
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic finely chopped
- ☐ 2 pounds lamb stew meat
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1.3 pounds baby potatoes cubed

- ☐ 10 ounces peas green frozen thawed
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

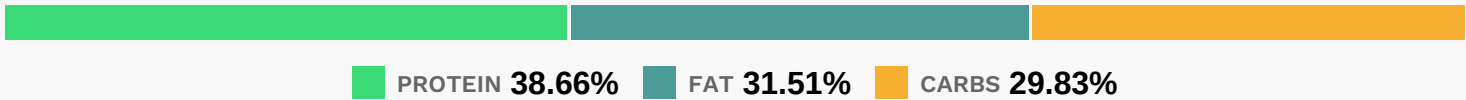
Equipment

- ☐ 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:49.51, Glycemic Load:16.92, Inflammation Score:-7, Nutrition Score:27.674347877502%

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: 386.13kcal (19.31%), Fat: 13.36g (20.55%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 23.02g (8.37%), Sugar: 3.66g (4.06%), Cholesterol: 98.28mg (32.76%), Sodium: 863.2mg (37.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.74%), Vitamin B12: 4.18µg (69.59%), Vitamin B3: 11.89mg (59.45%), Selenium: 41.53µg (59.33%), Zinc: 7.25mg (48.35%), Vitamin C: 39.05mg (47.34%), Phosphorus: 418.27mg (41.83%), Vitamin B6: 0.63mg (31.55%), Vitamin B1: 0.46mg (30.83%), Vitamin B2: 0.5mg (29.66%), Potassium: 1008.7mg (28.82%), Iron: 4.66mg (25.91%), Manganese: 0.49mg (24.44%), Folate: 92.8µg (23.2%), Fiber: 5.43g (21.7%), Magnesium: 84.71mg (21.18%), Vitamin K: 22.17µg (21.12%), Copper: 0.39mg (19.41%), Vitamin B5: 1.48mg (14.81%), Vitamin A: 371.49IU (7.43%), Vitamin E: 0.82mg (5.46%), Calcium: 50.98mg (5.1%)