



Lamb Keema with Potatoes and Peas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves chopped
- ☐ 4 servings rice hot cooked
- ☐ 1.5 teaspoons garam masala
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds lamb
- ☐ 1 medium onion chopped

- ☐ 0.8 cup peas frozen
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 cup yogurt plain
- ☐ 1 tsp salt
- ☐ 1 small serrano chile minced
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup milk whole
- ☐ 2 medium yukon gold potatoes cubed

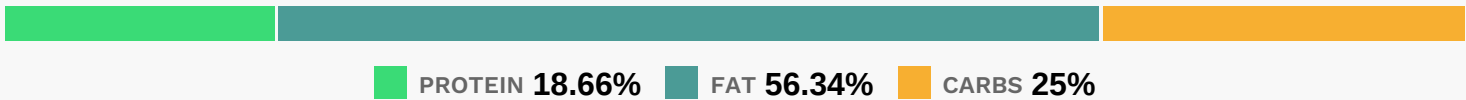
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, until softened, 3 minutes.
- ☐ Add garlic, chile, 1 tsp. salt, and the spices; cook 2 minutes longer. Stir in tomato paste.
- ☐ Add lamb and cook, breaking up large chunks of meat, until no longer pink, about 3 minutes.
- ☐ Add potatoes, yogurt, and milk to pan and bring to a boil. Reduce heat until mixture is simmering vigorously, cover, and cook 10 minutes.
- ☐ Stir in peas and cook 5 minutes longer, until peas are cooked through and mixture has thickened.
- ☐ Serve over rice with cilantro sprinkled on each serving.
- ☐ Add more salt to taste if you like.

Nutrition Facts



Properties

Glycemic Index:116.27, Glycemic Load:38.07, Inflammation Score:-7, Nutrition Score:30.581304508707%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 809.88kcal (40.49%), Fat: 50.36g (77.47%), Saturated Fat: 20.32g (127%), Carbohydrates: 50.28g (16.76%), Net Carbohydrates: 45.3g (16.47%), Sugar: 8.34g (9.27%), Cholesterol: 135.63mg (45.21%), Sodium: 763.1mg (33.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.07%), Vitamin B12: 4.35µg (72.44%), Vitamin B3: 12.25mg (61.24%), Selenium: 41.28µg (58.98%), Zinc: 7.38mg (49.23%), Phosphorus: 488.77mg (48.88%), Manganese: 0.79mg (39.69%), Vitamin C: 32.59mg (39.5%), Vitamin B6: 0.71mg (35.38%), Vitamin B2: 0.58mg (34.24%), Vitamin K: 34.62µg (32.97%), Potassium: 1089.72mg (31.13%), Vitamin B1: 0.41mg (27.13%), Iron: 4.57mg (25.42%), Magnesium: 94.3mg (23.58%), Vitamin B5: 2.11mg (21.09%), Copper: 0.42mg (20.99%), Fiber: 4.98g (19.9%), Folate: 74.9µg (18.73%), Calcium: 185.62mg (18.56%), Vitamin A: 547.7IU (10.95%), Vitamin E: 1.28mg (8.54%), Vitamin D: 0.72µg (4.8%)