

health-score 88%

HEALTH SCORE

Lamb L'Arabique

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chickpeas drained canned garbanzo beans
- ☐ 1 cup lentils cooked
- ☐ 4 cloves garlic chopped
- ☐ 1 teaspoon chile peppers green finely chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 pounds lamb shanks

- ☐ 2 tablespoons olive oil divided
- ☐ 1 large onion quartered
- ☐ 1 dash pepper sauce hot
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 6 cups roma tomatoes chopped plum

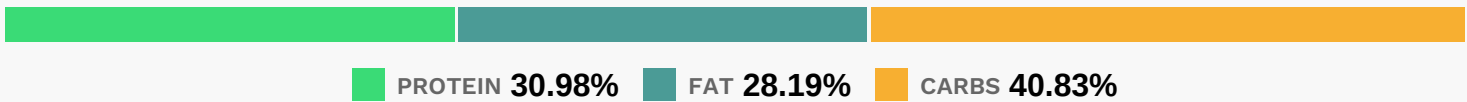
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Saute lamb shanks until lightly browned, then remove them from skillet and place in a deep casserole dish.
- ☐ Saute onion and garlic in skillet until tender, then stir in tomatoes, chickpeas and lentils. Season mixture with cumin, cinnamon, nutmeg, red pepper flakes, chile peppers and hot pepper sauce.
- ☐ Mix well and allow flavors to blend over medium heat, for about 3 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Remove browned shanks from casserole for a moment; transfer vegetable mixture from skillet to casserole dish, then replace shanks on top of vegetable mixture.
- ☐ Cover dish and bake at 375 degrees F (190 degrees C) for 2 hours, or until lamb is cooked through and receding from the bone.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:6.95, Inflammation Score:-9, Nutrition Score:24.867826213007%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 277.44kcal (13.87%), Fat: 8.98g (13.82%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 19.89g (7.23%), Sugar: 8.01g (8.9%), Cholesterol: 42.77mg (14.26%), Sodium: 268.33mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.43%), Manganese: 1.19mg (59.39%), Vitamin C: 35.76mg (43.34%), Vitamin A: 2010.88IU (40.22%), Fiber: 9.4g (37.6%), Vitamin B6: 0.75mg (37.47%), Zinc: 5.12mg (34.15%), Folate: 131.58µg (32.9%), Phosphorus: 304.62mg (30.46%), Potassium: 996.47mg (28.47%), Vitamin B3: 5.24mg (26.19%), Vitamin B12: 1.52µg (25.31%), Selenium: 17.7µg (25.29%), Iron: 4.53mg (25.18%), Vitamin K: 22.4µg (21.33%), Copper: 0.43mg (21.26%), Magnesium: 79.61mg (19.9%), Vitamin B1: 0.25mg (16.68%), Vitamin E: 2.2mg (14.65%), Vitamin B2: 0.22mg (12.73%), Vitamin B5: 1.12mg (11.17%), Calcium: 82.67mg (8.27%)