



Lamb & potato bake



Gluten Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 700 g potatoes
- ☐ 400 g ground lamb lean
- ☐ 1 tsp cinnamon
- ☐ 660 g pasta sauce
- ☐ 350 g nacho cheese dip white
- ☐ 1 tbsp olive oil

Equipment

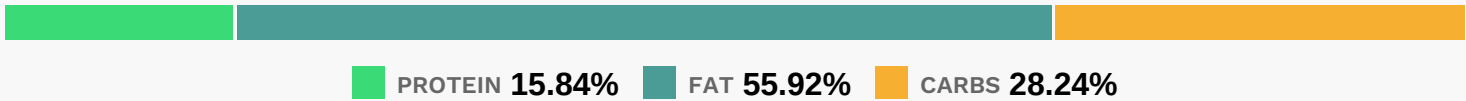
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Boil the potatoes for 10-12 mins or until half-cooked.
- ☐ Drain.
- ☐ Meanwhile, heat a little oil in a large non-stick frying pan. Brown the mince in 2 batches, breaking up any lumps with the back of a wooden spoon. Tip all the mince back into the pan, add the cinnamon and fry for 1 min.
- ☐ Pour in the tomato sauce and simmer for 5 mins. Slice the potatoes as thinly as you can without breaking the slices.
- ☐ Layer the mince and potatoes in a 1.5-litre baking dish. Season each layer and finish with a layer of potatoes.
- ☐ Spread the cheese or white sauce on top and bake for 35 mins until golden and the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:25.22, Inflammation Score:-8, Nutrition Score:16.838260961616%

Flavonoids

Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 633.4kcal (31.67%), Fat: 40.53g (62.36%), Saturated Fat: 14.02g (87.65%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 39.4g (14.33%), Sugar: 10.75g (11.95%), Cholesterol: 80.88mg (26.96%), Sodium: 1588.11mg (69.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin C: 46.05mg (55.82%), Potassium: 1229.64mg (35.13%), Vitamin B6: 0.68mg (33.95%), Manganese: 0.56mg (27.89%), Fiber: 6.67g (26.68%), Iron: 4.43mg (24.63%), Vitamin A: 1188.87IU (23.78%), Vitamin E: 2.91mg (19.42%), Copper: 0.38mg

(19.05%), Vitamin B3: 3.49mg (17.44%), Magnesium: 65.39mg (16.35%), Phosphorus: 144.72mg (14.47%), Calcium: 122.12mg (12.21%), Vitamin B1: 0.18mg (11.98%), Folate: 42.89µg (10.72%), Vitamin B5: 1.03mg (10.3%), Vitamin K: 10.25µg (9.77%), Vitamin B2: 0.16mg (9.62%), Zinc: 0.88mg (5.88%), Selenium: 1.54µg (2.19%)