



## Lamb Shank Tajine

 **Gluten Free**  **Dairy Free**

READY IN



**110 min.**

SERVINGS



**4**

CALORIES



**1044 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup fried almonds
- 3 sticks cinnamon
- 1 small bunch cilantro leaves fresh
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground pepper white
- 2 pounds lamb shank cut into pieces
- 0.5 cup olive oil

- 1 large onion chopped
- 1 teaspoon orange blossom water
- 0.5 cup prune- cut to pieces
- 4 servings amount saffron threads crumbled
- 4 servings salt
- 1 tablespoon sesame seed
- 5 tablespoons sugar
- 0.3 teaspoon turmeric

## Equipment

- pot
- tajine pot

## Directions

- Put the lamb into a tajine or large pot and add the onions, olive oil, white pepper, ginger, salt, saffron threads, turmeric and cinnamon. Brown the meat for a few minutes over medium heat.
- Add 3 or 4 cups water and the small bouquet of cilantro. Cover and simmer the meat over medium heat until the meat is very tender, about 1 hour. If necessary, add a small amount of water during cooking to prevent the meat from scorching. When the meat has cooked, uncover the pot and continue cooking off the liquid until mostly oils and onions remain with the meat.
- Put the prunes in a small pot and add enough water to almost cover, about 2 cups. Simmer over medium heat.
- Add the ground cinnamon, sugar and orange blossom water. Simmer, partially covered, until the prunes are quite tender and sitting in very thick syrup.
- To serve, put the meat on a large serving platter, or if you've cooked in a tajine, use that as the serving dish. Spoon the prunes and syrup on top of the meat and garnish with the fried almonds and sesame seeds.

## Nutrition Facts



PROTEIN 17.59% FAT 65.76% CARBS 16.65%

## Properties

Glycemic Index:72.02, Glycemic Load:15.72, Inflammation Score:-9, Nutrition Score:39.156086973522%

## Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

## Nutrients (% of daily need)

Calories: 1044kcal (52.2%), Fat: 77.63g (119.43%), Saturated Fat: 25.43g (158.92%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 35.44g (12.89%), Sugar: 26.51g (29.45%), Cholesterol: 165.56mg (55.19%), Sodium: 333.21mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.72g (93.44%), Manganese: 1.97mg (98.29%), Vitamin B12: 5.24µg (87.32%), Vitamin B3: 15.46mg (77.32%), Vitamin E: 10.62mg (70.77%), Selenium: 45.46µg (64.94%), Zinc: 9.26mg (61.74%), Phosphorus: 573.17mg (57.32%), Vitamin B2: 0.95mg (55.91%), Magnesium: 169.88mg (42.47%), Copper: 0.78mg (38.92%), Fiber: 8.77g (35.07%), Iron: 6mg (33.31%), Vitamin K: 31.7µg (30.19%), Potassium: 1037.02mg (29.63%), Vitamin B1: 0.37mg (24.7%), Vitamin B6: 0.47mg (23.56%), Calcium: 205.2mg (20.52%), Vitamin B5: 1.8mg (18.05%), Folate: 68.95µg (17.24%), Vitamin A: 320.71IU (6.41%), Vitamin C: 4.46mg (5.4%), Vitamin D: 0.23µg (1.51%)