



Lamb Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots chopped
- 1 cup cooking sherry dry
- 5.5 cups fat-skimmed beef broth
- 1 pound lamb lean
- 1 cup onion chopped
- 0.3 cup parsley chopped
- 1.3 cups grain mix (see notes above)
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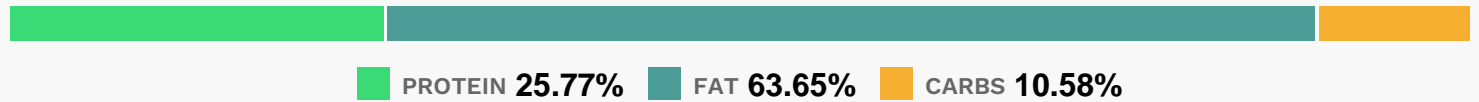
Equipment

- frying pan

Directions

- In a 4- to 5-quart pan over high heat, stir 1 pound ground lean lamb, 1 cup chopped onion, and 1 cup chopped carrots until lamb is well browned, 8 to 10 minutes. Spoon off and discard any fat.
- Add 1 1/3 cups grain mix (see note below), 5 1/2 cups fat-skimmed beef broth, and 1 cup dry sherry. Bring to a boil, cover, reduce heat, and simmer until grains are tender to bite, about 12 minutes. Stir in 1/4 cup chopped parsley.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:13.202173932739%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 381.32kcal (19.07%), Fat: 24.16g (37.17%), Saturated Fat: 11.29g (70.55%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.29g (4.77%), Cholesterol: 82.78mg (27.59%), Sodium: 1392.69mg (60.55%), Alcohol: 6.18g (100%), Alcohol %: 1.4% (100%), Protein: 22.01g (44.03%), Vitamin A: 5662.62IU (113.25%), Vitamin K: 66.12µg (62.98%), Iron: 2.61mg (14.5%), Vitamin C: 9.84mg (11.92%), Vitamin B3: 2.22mg (11.08%), Vitamin B12: 0.62µg (10.4%), Manganese: 0.21mg (10.39%), Selenium: 7.16µg (10.23%), Potassium: 317.81mg (9.08%), Vitamin B6: 0.17mg (8.46%), Phosphorus: 70.11mg (7.01%), Fiber: 1.7g (6.8%), Vitamin B2: 0.11mg (6.33%), Folate: 23.1µg (5.78%), Vitamin B5: 0.55mg (5.53%), Calcium: 53.03mg (5.3%), Copper: 0.1mg (4.86%), Magnesium: 18.84mg (4.71%), Vitamin B1: 0.07mg (4.51%), Zinc: 0.32mg (2.13%), Vitamin E: 0.25mg (1.65%)