



Lamb steaks with tomatoes & olives



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



1989 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 4 leg of lamb
- ☐ 1 large onion red cut into 8 wedges
- ☐ 2 tsp oregano dried
- ☐ 150 ml wine
- ☐ 400 g cherry tomatoes
- ☐ 100 g olives black
- ☐ 1 handful parsley chopped

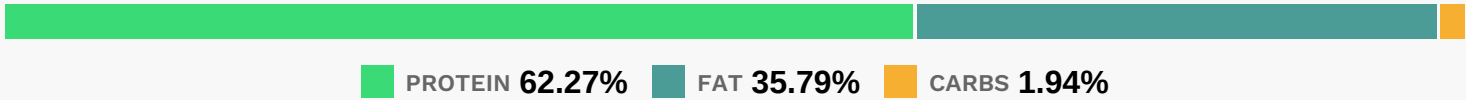
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat the oil in a large roasting tin on the hob. Brown the lamb steaks in the tin over a high heat, about 1 min each side.
- ☐ Add the onion to the roasting tin with the oregano.
- ☐ Pour over the wine and throw in the tomatoes. Scatter the olives over the top, then place the tin in the oven for 15 mins until the lamb is cooked. Scatter with flat-leaf parsley and serve with boiled new potatoes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:67.329130338586%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 1989.18kcal (99.46%), Fat: 75.42g (116.03%), Saturated Fat: 24.51g (153.18%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.2g (4.67%), Cholesterol: 914.05mg (304.68%), Sodium: 1290.42mg (56.11%), Alcohol: 3.92g (100%), Alcohol %: 0.31% (100%), Protein: 295.29g (590.57%), Vitamin B12: 38.56µg (642.69%), Selenium: 336.57µg (480.82%), Vitamin B3: 89.7mg (448.48%), Zinc: 55.12mg (367.47%), Phosphorus: 2802.18mg (280.22%), Vitamin B2: 3.61mg (212.54%), Iron: 27.39mg (152.16%), Vitamin B1: 2.06mg (137.18%), Vitamin B6: 2.58mg (128.85%), Potassium: 4440.14mg (126.86%), Vitamin B5: 10.48mg (104.81%),

Magnesium: 406.85mg (101.71%), Copper: 1.92mg (96.2%), Folate: 351.5µg (87.87%), Vitamin E: 5.84mg (38.93%),
Vitamin C: 26.19mg (31.74%), Manganese: 0.57mg (28.71%), Vitamin K: 29.62µg (28.21%), Vitamin A: 687.35IU
(13.75%), Calcium: 135.26mg (13.53%), Fiber: 2.41g (9.63%)