

Lamb Stew Casserole

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



85 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 carrots sliced
- 2 teaspoons parsley dried
- 1.5 pounds shoulder lamb chops
- 4 onions peeled thinly sliced
- 0.5 teaspoon pepper
- 6 small potatoes peeled sliced
- 0.5 teaspoon salt

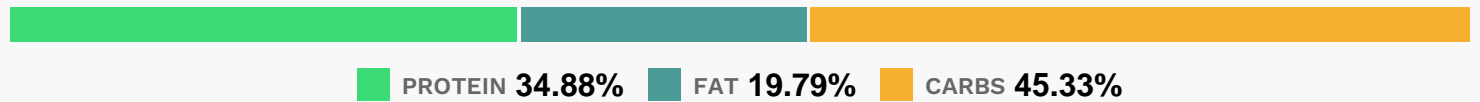
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Trim excess fat from the lamb chops and place them into a greased 2 quart casserole dish. Cover the lamb with a layer of sliced onion, then sprinkle with 1/3 of the parsley, salt and pepper. Cover the onions with the sliced carrots, then sprinkle with another 1/3 of the parsley, salt and pepper. Cover the carrot layer with a layer of potatoes, and sprinkle with remaining parsley, salt and pepper.
- Add enough cold water to fill the dish halfway.
- Bake, covered, for 30 minutes in the preheated oven, then remove the cover and continue to bake for an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:25.21, Inflammation Score:-10, Nutrition Score:28.711739301682%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg

Nutrients (% of daily need)

Calories: 375.5kcal (18.77%), Fat: 8.25g (12.7%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 35.77g (13.01%), Sugar: 7.33g (8.14%), Cholesterol: 85.79mg (28.6%), Sodium: 315.81mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.44%), Vitamin A: 10197.09IU (203.94%), Vitamin B6: 1.14mg (56.94%), Vitamin B12: 3.22µg (53.66%), Vitamin C: 42.56mg (51.58%), Vitamin B3: 8.26mg (41.3%), Zinc: 6.03mg (40.18%), Potassium: 1378.39mg (39.38%), Phosphorus: 379.12mg (37.91%), Vitamin B2: 0.53mg (31.44%), Fiber: 6.75g (26.98%), Manganese: 0.48mg (24.1%), Iron: 4.19mg (23.28%), Vitamin B1: 0.35mg (23.1%), Copper: 0.42mg (20.84%), Magnesium: 80.42mg (20.1%), Vitamin B5: 1.76mg (17.62%), Selenium: 11.85µg (16.93%), Folate: 52.81µg (13.2%), Vitamin K: 12.3µg (11.72%), Calcium: 71.76mg (7.18%), Vitamin E: 0.44mg (2.93%)