



Lamb Stew In an Hour



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 baby carrots
- ☐ 1 bay leaf
- ☐ 1.5 tablespoons chicken soup base
- ☐ 1 cup corn kernels pureed
- ☐ 1 teaspoon chives dried
- ☐ 1 tablespoon marjoram dried
- ☐ 1 tablespoon parsley dried
- ☐ 1 tablespoon ground allspice

- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2.5 pounds lamb loins cut into 1-inch cubes
- ☐ 8 new potatoes cut into chunks
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion cut into wedges
- ☐ 2 cups water

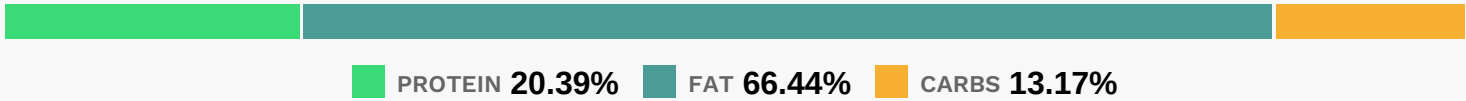
Equipment

- ☐ pressure cooker

Directions

- ☐ Heat olive oil in a pressure cooker over medium heat. Cook and stir lamb in hot oil until browned completely, about 10 minutes.
- ☐ Add 2 cups water, pureed corn, chicken soup base, bay leaf, marjoram, parsley, chives, allspice, salt, and black pepper to the lamb.
- ☐ Lock the lid onto the pressure cooker, increase pressure to full, and reduce heat to medium-low to keep pressure consistent; cook 25 minutes.
- ☐ Release pressure from cooker.
- ☐ Add 2 cups water, potatoes, carrots, and onion to the lamb mixture.
- ☐ Lock lid on the cooker, increase pressure to full, and reduce heat to medium-low to keep pressure consistent. Cook another 8 minutes.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:28.320000016171%

Flavonoids

Apigenin: 15.03mg, Apigenin: 15.03mg, Apigenin: 15.03mg, Apigenin: 15.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg

Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 674.73kcal (33.74%), Fat: 49.69g (76.45%), Saturated Fat: 20.08g (125.51%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 18.32g (6.66%), Sugar: 3.82g (4.24%), Cholesterol: 138.13mg (46.04%), Sodium: 498.89mg (21.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.63%), Vitamin A: 4292.79IU (85.86%), Vitamin B12: 4.37µg (72.83%), Vitamin B3: 12.64mg (63.21%), Selenium: 36.74µg (52.48%), Zinc: 6.91mg (46.05%), Phosphorus: 372.82mg (37.28%), Vitamin B2: 0.49mg (28.56%), Vitamin C: 23.13mg (28.03%), Vitamin B6: 0.55mg (27.27%), Potassium: 904.33mg (25.84%), Iron: 4.49mg (24.93%), Vitamin B1: 0.3mg (20.17%), Vitamin K: 20.35µg (19.38%), Magnesium: 75.02mg (18.76%), Manganese: 0.34mg (17.2%), Folate: 68.7µg (17.18%), Copper: 0.34mg (17.17%), Vitamin B5: 1.7mg (16.98%), Fiber: 3.85g (15.38%), Calcium: 80.29mg (8.03%), Vitamin E: 1.13mg (7.51%), Vitamin D: 0.19µg (1.26%)