



Lamb Stew with Almonds and Apricots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds neck trimmed of fat cut into 2 1/2 inch cubes
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 teaspoon turmeric
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 teaspoon cardamom
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup water
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 2 medium onions finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cinnamon sticks
- ☐ 3 cups chicken stock see
- ☐ 1.5 cups apricots dried roughly chopped
- ☐ 1.5 cups almonds whole
- ☐ 0.3 cup honey
- ☐ 1 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup carrots cut into 1/ slices
- ☐ 0.5 cup flat-leaf parsley chopped

Equipment

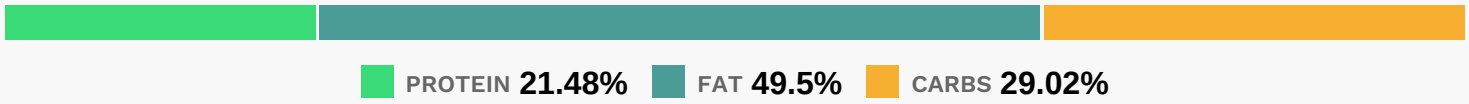
- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Marinate lamb: In a bowl combine the ginger, pepper, cinnamon, turmeric, cayenne, coriander, cardamom, nutmeg, cloves and water and mix well.
- ☐ Add the meat and rub in the paste, coating evenly. Cover and refrigerate overnight.
- ☐ Cook onions with garlic and cinnamon: In a Dutch oven or other heavy, lidded pot, melt the butter over medium heat.
- ☐ Add the onions, garlic, and cinnamon sticks and cook until the onions are translucent and the mixture is fragrant.
- ☐ Add the marinated meat (including the marinade) to the pot and then the chicken stock. Bring the stock to a boil, and skim off any scum that appears.
- ☐ Simmer until tender: Reduce the heat to low, cover and simmer, stirring from time to time.

- ☐ Add water if the pot becomes too dry. Stew until the meat is tender, about 1 1/2 hours, more if needed.
- ☐ Add the apricots, almonds, honey, and carrots and simmer, uncovered, stirring often to prevent scorching, until the meat is very soft and almost falling apart, about 30 minutes longer.
- ☐ The sauce should reduce to a syrupy glaze. At this point taste and add lemon juice to desired level. The lemon juice brings some balance to the sweetness from the honey and apricots.
- ☐ Note: this recipe can be prepared in advance up to this point. Allow to cool, refrigerate and serve within a couple of days.
- ☐ Serve: Stir in the chopped parsley and transfer to a warmed serving dish.
- ☐ Serve immediately with couscous or rice.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:16.09, Inflammation Score:-10, Nutrition Score:42.703478175661%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg 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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 744.42kcal (37.22%), Fat: 42.47g (65.34%), Saturated Fat: 14.2g (88.76%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 46.69g (16.98%), Sugar: 39.04g (43.38%), Cholesterol: 135.72mg (45.24%), Sodium: 297.22mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.47g (82.94%), Vitamin A: 5675.21IU (113.5%), Vitamin K: 88.65µg (84.42%), Vitamin E: 11.6mg (77.36%), Manganese: 1.5mg (74.86%), Vitamin B3: 13.03mg (65.17%), Vitamin B12: 3.85µg (64.12%), Selenium: 38.23µg (54.62%), Vitamin B2: 0.91mg (53.39%),

Phosphorus: 524.4mg (52.44%), Zinc: 7.64mg (50.94%), Magnesium: 160.61mg (40.15%), Potassium: 1366.89mg (39.05%), Copper: 0.77mg (38.59%), Fiber: 9.34g (37.35%), Iron: 5.77mg (32.08%), Vitamin B6: 0.49mg (24.44%), Vitamin B1: 0.33mg (22.15%), Folate: 79.74µg (19.93%), Calcium: 183.61mg (18.36%), Vitamin C: 12.74mg (15.45%), Vitamin B5: 1.54mg (15.42%), Vitamin D: 0.28µg (1.89%)