



# Lamb Stew with Carrots, Zucchini, and Cranberries

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.5 ounce beef consomme canned
- 2 cups diagonally cut carrot ()
- 4.5 cups couscous hot cooked
- 1 cup cranberries fresh
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 0.3 teaspoon coarsely ground pepper black

- 2 tablespoons honey
- 1.5 pounds leg of lamb boneless trimmed cut into 1-inch pieces
- 1 teaspoon olive oil
- 1.5 cups onion finely chopped
- 0.5 teaspoon salt
- 1.7 cups water
- 2 tablespoons water
- 1.5 pounds zucchini cut into 1-inch cubes ( 4 cups)

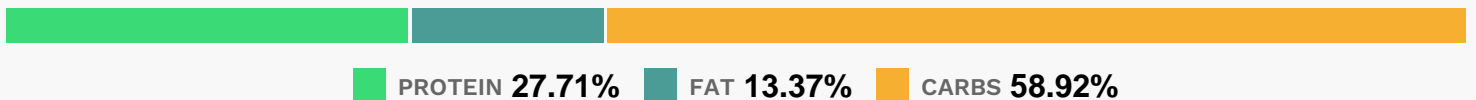
## Equipment

- frying pan
- dutch oven

## Directions

- Heat oil in a large Dutch oven coated with cooking spray over medium-high heat.
- Add lamb; cook 5 minutes or until browned, turning occasionally.
- Remove lamb from pan.
- Add onion and 2 tablespoons water to pan. Reduce heat; simmer 3 minutes, scraping pan to loosen browned bits.
- Return lamb to pan.
- Add carrot and next 6 ingredients (carrot through consommé); bring to a boil. Cover, reduce heat, and simmer 1 hour and 10 minutes or until lamb is tender.
- Add the honey and zucchini; cover and simmer 15 minutes, stirring occasionally.
- Add cranberries. Cover and simmer 3 minutes or until cranberries pop.
- Serve stew over couscous.

## Nutrition Facts



## Properties

Glycemic Index:48.02, Glycemic Load:22.89, Inflammation Score:-10, Nutrition Score:24.603478431702%

## Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

## Nutrients (% of daily need)

Calories: 316.07kcal (15.8%), Fat: 4.73g (7.28%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 41.45g (15.07%), Sugar: 13.14g (14.6%), Cholesterol: 45.72mg (15.24%), Sodium: 472.91mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.13%), Vitamin A: 7366.76IU (147.34%), Selenium: 50.21µg (71.73%), Vitamin B3: 7.03mg (35.13%), Vitamin C: 28.16mg (34.13%), Vitamin B12: 1.96µg (32.73%), Manganese: 0.64mg (31.9%), Vitamin B6: 0.49mg (24.58%), Phosphorus: 242.68mg (24.27%), Zinc: 3.64mg (24.24%), Potassium: 814.96mg (23.28%), Fiber: 5.46g (21.84%), Vitamin B2: 0.37mg (21.74%), Folate: 78.38µg (19.59%), Vitamin B1: 0.28mg (18.34%), Magnesium: 61.91mg (15.48%), Iron: 2.62mg (14.53%), Vitamin B5: 1.42mg (14.15%), Copper: 0.26mg (12.98%), Vitamin K: 12.24µg (11.65%), Vitamin E: 1.06mg (7.06%), Calcium: 65.27mg (6.53%)