



HEALTH SCORE

51%

Lamb Stew with Chickpeas and Pomegranate Molasses



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 2 cups carrots ()
- ☐ 4 cups couscous hot cooked
- ☐ 1.5 ounces flour all-purpose
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 garlic cloves minced

- ☐ 2 pounds leg of lamb boneless trimmed cut into bite-sized pieces
- ☐ 28 ounce less-sodium beef broth canned
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons pomegranate molasses
- ☐ 2 cups onion red chopped
- ☐ 1 teaspoon salt divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 10 minutes or until tender and golden brown.
- ☐ Add garlic; saut 1 minute. Spoon onion mixture into a large bowl.
- ☐ Place flour in a shallow bowl or pie plate. Dredge lamb in flour, shaking off excess.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add half of lamb mixture; sprinkle with 1/4 teaspoon salt. Cook 6 minutes, browning on all sides.
- ☐ Add browned lamb to onion mixture. Repeat procedure with remaining lamb mixture and 1/4 teaspoon salt.
- ☐ Add pomegranate molasses and broth to pan, scraping pan to loosen browned bits; bring to a boil. Stir in lamb mixture. Cover, reduce heat, and simmer 1 hour or until lamb is just tender.
- ☐ Stir in carrot and chickpeas. Simmer, uncovered, 45 minutes or until lamb is very tender.
- ☐ Remove from heat; stir in remaining 1/2 teaspoon salt, mint, and pepper.
- ☐ Serve over couscous.

Nutrition Facts



 PROTEIN **30.35%**  FAT **18.45%**  CARBS **51.2%**

Properties

Glycemic Index:39.52, Glycemic Load:18.08, Inflammation Score:-10, Nutrition Score:21.664347835209%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 310.82kcal (15.54%), Fat: 6.33g (9.74%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.18g (12.43%), Sugar: 5.08g (5.64%), Cholesterol: 45.72mg (15.24%), Sodium: 693.2mg (30.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.85%), Vitamin A: 5408.68IU (108.17%), Selenium: 41.8µg (59.71%), Manganese: 0.72mg (36.03%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 6mg (30.02%), Vitamin B6: 0.54mg (26.86%), Zinc: 3.54mg (23.59%), Phosphorus: 230.77mg (23.08%), Fiber: 5.34g (21.34%), Potassium: 711.35mg (20.32%), Vitamin B1: 0.25mg (16.89%), Folate: 66.42µg (16.6%), Vitamin B2: 0.27mg (15.85%), Iron: 2.81mg (15.58%), Copper: 0.25mg (12.7%), Magnesium: 50.71mg (12.68%), Vitamin B5: 1.14mg (11.44%), Vitamin C: 6mg (7.27%), Calcium: 57.59mg (5.76%), Vitamin K: 5.77µg (5.5%), Vitamin E: 0.74mg (4.91%)