



Lamb Stew with Green Beans



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 stalk celery chopped
- ☐ 0.5 teaspoon dill weed dried
- ☐ 0.5 teaspoon mint leaves dried
- ☐ 2 pounds green beans fresh trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 pinch ground cinnamon
- ☐ 3 pounds lamb shoulder boneless cut into 2 inch pieces

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 12 servings salt and pepper to taste
- ☐ 3 cups water hot
- ☐ 1 pinch sugar white

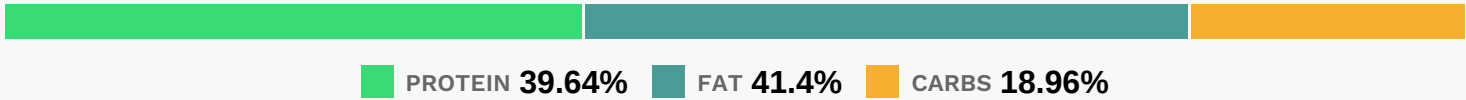
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Saute onion and celery until golden. Stir in lamb, and cook until evenly brown. Stir in tomato sauce and water. Reduce heat, and simmer for about 1 hour.
- ☐ Stir in green beans. Season with parsley, mint, dill, cinnamon, sugar, salt and pepper. Continue cooking until beans are tender.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:14.146521671959%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 159.33kcal (7.97%), Fat: 7.46g (11.48%), Saturated Fat: 1.86g (11.66%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.8g (4.22%), Cholesterol: 45.72mg (15.24%), Sodium: 343.75mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.15%), Vitamin K: 41.64µg (39.66%), Vitamin B12: 1.91µg (31.79%), Vitamin B3: 5.06mg (25.3%), Selenium: 16.86µg (24.09%), Zinc: 3.23mg (21.5%), Phosphorus: 171.62mg

(17.16%), Vitamin B2: 0.26mg (15.37%), Vitamin C: 12.04mg (14.59%), Vitamin A: 651.45IU (13.03%), Potassium: 451.37mg (12.9%), Iron: 2.32mg (12.88%), Vitamin B6: 0.25mg (12.57%), Folate: 47.99µg (12%), Manganese: 0.23mg (11.41%), Vitamin B1: 0.16mg (10.62%), Magnesium: 42.3mg (10.57%), Fiber: 2.62g (10.49%), Copper: 0.17mg (8.68%), Vitamin E: 1.26mg (8.38%), Vitamin B5: 0.77mg (7.68%), Calcium: 47.01mg (4.7%)