



Lamb Stew with Lemon and Figs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce frangelico diced canned
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 ounces figs dried trimmed quartered
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 4 garlic clove minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2.5 pound lamb shoulder boneless trimmed cut into 1- to 1 1/2-inch cubes

- ☐ 1 small optional: lemon ends trimmed thinly sliced quartered (preferably Meyer)
- ☐ 2.5 cups chicken broth ()
- ☐ 2 tablespoons olive oil ()
- ☐ 1 pound onion thinly sliced
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1.5 cups yogurt plain
- ☐ 0.5 cup water

Equipment

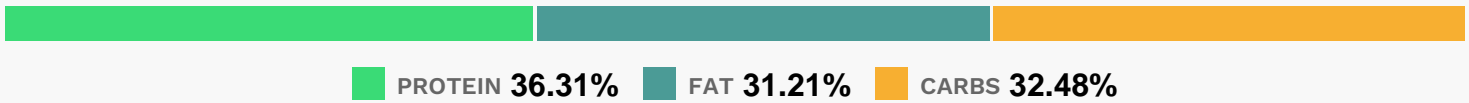
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Set strainer lined with double layer of cheesecloth over medium bowl.
- ☐ Place yogurt in strainer; cover and chill 3 to 5 hours to drain.
- ☐ Transfer yogurt to small bowl. Stir in mint; season with salt and pepper. (Can be made 1 day ahead. Chill.)
- ☐ Place 1/2 cup warm water and saffron in small bowl; let stand at least 20 minutes to infuse.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Heat 2 tablespoons oil in heavy large pot over medium-high heat. Working in batches, cook lamb until brown on all sides, adding more oil as needed, about 5 minutes per batch.
- ☐ Transfer lamb to large bowl.
- ☐ Pour all but 1 tablespoon fat from pot (or add 1 tablespoon oil if dry); heat pot over medium heat.
- ☐ Add onions; sprinkle with salt and pepper. Sauté until beginning to brown, about 5 minutes.
- ☐ Add lemon, garlic, ginger, cinnamon, and cayenne. Stir 1 minute.
- ☐ Add saffron mixture; stir, scraping up browned bits.

- ☐ Add tomatoes with juice, figs, and lamb with any juices to pot. Stir to coat.
- ☐ Add 2 1/2 cups broth.
- ☐ Bring stew to boil. Reduce heat to medium-low, then cover with lid slightly ajar and simmer until meat is tender, stirring occasionally and adding more broth by 1/4 cupfuls as needed if dry, about 1 1/2 hours. Season to taste with salt and pepper. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and chill.)
- ☐ Bring stew to simmer, thinning with more chicken broth if necessary. Divide stew among 6 plates; top each serving with dollop of minted yogurt.
- ☐ Place wedge of Crispy Noodle Cake alongside each and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:20.992173941239%

Flavonoids

Eriodictyol: 4.62mg, Eriodictyol: 4.62mg, Eriodictyol: 4.62mg, Eriodictyol: 4.62mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg

Nutrients (% of daily need)

Calories: 336.32kcal (16.82%), Fat: 11.91g (18.32%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 23.94g (8.71%), Sugar: 17.57g (19.52%), Cholesterol: 77.43mg (25.81%), Sodium: 166.36mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.17g (62.33%), Vitamin B12: 3.65µg (60.85%), Vitamin B3: 8.85mg (44.27%), Selenium: 30.09µg (42.99%), Zinc: 5.95mg (39.7%), Phosphorus: 389.78mg (38.98%), Vitamin B2: 0.5mg (29.15%), Potassium: 871.16mg (24.89%), Vitamin C: 17.39mg (21.07%), Calcium: 204.08mg (20.41%), Vitamin B6: 0.38mg (18.79%), Iron: 3.18mg (17.69%), Magnesium: 67.2mg (16.8%), Fiber: 3.95g (15.78%), Vitamin B1: 0.24mg (15.77%), Manganese: 0.31mg (15.56%), Copper: 0.31mg (15.32%), Vitamin B5: 1.48mg (14.8%), Folate: 56.97µg (14.24%), Vitamin E: 1.06mg (7.07%), Vitamin K: 6.28µg (5.98%), Vitamin A: 135.63IU (2.71%)