



HEALTH SCORE

76%

Lamb Stew with Orange



Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce chick peas low-sodium drained canned
- ☐ 2 large carrots cut into coins 2 cups
- ☐ 1 cup celery diced rinsed trimmed
- ☐ 0.8 cup cooking wine dry red
- ☐ 2 large cloves garlic minced
- ☐ 1.5 teaspoon ground cumin
- ☐ 1 pinch ground pepper black
- ☐ 1 juice of orange

- ☐ 1 pound lamb cubes lean , from leg and shoulder
- ☐ 3 cups chicken broth low-sodium
- ☐ 2 tablespoons freshly mint leaves chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion diced
- ☐ 1 teaspoon orange zest
- ☐ 2 cups parsnips roughly chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste low-sodium
- ☐ 15 ounce can tomato sauce low-sodium canned

Equipment

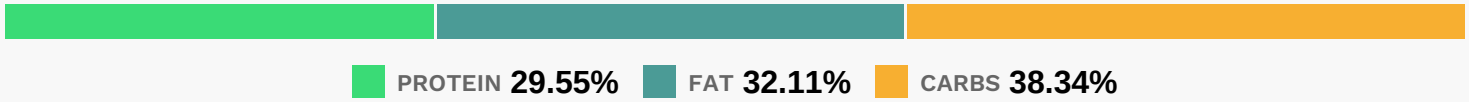
- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in an 8-quart Dutch oven or other large pot over high heat until hot but not smoking. Season meat lightly with salt and pepper and sear in oil until browned on all sides, about 5 minutes.
- ☐ Add onions and garlic and cook an additional 5 minutes.
- ☐ Add tomato paste and stir to incorporate, cooking for 2 to 3 minutes.
- ☐ Add celery, carrots, parsnips, chick peas, wine, chicken broth, tomato sauce, orange zest, segments and juice, and cumin. Bring to a boil, then reduce heat, cover and simmer until lamb is tender, about 90 minutes. Season with salt and pepper to taste.
- ☐ Remove from heat, cool slightly, and ladle into bowls. Top with fresh mint and serve.
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Nutrition Facts



Properties

Glycemic Index:101.79, Glycemic Load:13.29, Inflammation Score:-10, Nutrition Score:38.62521739628%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 492.16kcal (24.61%), Fat: 16.93g (26.04%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 33.64g (12.23%), Sugar: 12.68g (14.09%), Cholesterol: 73.71mg (24.57%), Sodium: 1170.49mg (50.89%), Alcohol: 4.72g (100%), Alcohol %: 0.82% (100%), Protein: 35.04g (70.08%), Vitamin A: 6873.39IU (137.47%), Manganese: 1.55mg (77.36%), Vitamin B3: 11.69mg (58.43%), Vitamin B12: 3.27µg (54.55%), Vitamin B6: 0.98mg (49.16%), Fiber: 11.83g (47.3%), Phosphorus: 466.55mg (46.66%), Potassium: 1549.53mg (44.27%), Selenium: 30.65µg (43.78%), Zinc: 6.5mg (43.34%), Vitamin C: 35.04mg (42.47%), Iron: 6.19mg (34.41%), Vitamin K: 35.45µg (33.76%), Folate: 134.75µg (33.69%), Copper: 0.67mg (33.65%), Vitamin B2: 0.51mg (30.19%), Vitamin E: 4.47mg (29.79%), Magnesium: 113.41mg (28.35%), Vitamin B1: 0.33mg (22.33%), Vitamin B5: 2.08mg (20.84%), Calcium: 140.52mg (14.05%)