



WHATSheATE



Lamb Stew with Turkish Flavors



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves dried minced
- ☐ 15 ounces garbanzo beans rinsed drained canned
- ☐ 0.3 cup currants dried
- ☐ 6 garlic clove thinly sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 pounds lamb shoulder cut into 3/4-inch chunks

- ☐ 1.5 tablespoons juice of lemon fresh to taste
- ☐ 7 cups chicken stock reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onion thinly sliced
- ☐ 0.3 cup oregano chopped
- ☐ 1 teaspoon pepper plus more for sprinkling
- ☐ 1.5 pounds potato boiling (4 medium)
- ☐ 0.3 cup red-wine vinegar
- ☐ 8 servings rice

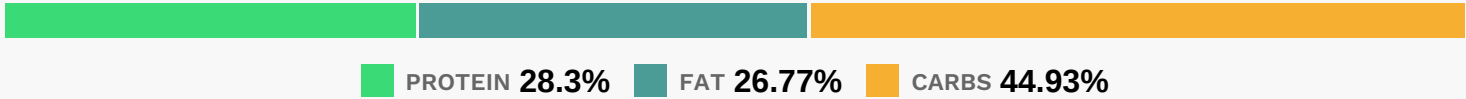
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Pat lamb dry and season with 1 teaspoon salt and 3/4 teaspoon pepper.
- ☐ Heat oil in a wide 5-to 6-quart heavy pot over medium-high heat until it shimmers. Brown lamb on all sides in 3 batches until golden-brown, 4 to 5 minutes per batch, transferring to a plate with a slotted spoon.
- ☐ Add onions to pot and cook, stirring occasionally, until golden-brown, about 8 minutes.
- ☐ Add garlic and cook, stirring, 1 minute. Stir in vinegar and cook, scraping up brown bits, until vinegar has evaporated, 1 to 2 minutes.
- ☐ Return lamb with meat juices to pot. Stir in stock, chickpeas, preserves, and spices (including Maras and Urfa pepper) and simmer, uncovered, stirring occasionally, 1 hour.
- ☐ Peel potatoes and cut into 1/2-inch pieces.
- ☐ Add to stew (after 1 hour) and simmer, uncovered, until potatoes and lamb are tender, about 30 minutes more.
- ☐ Remove from heat and stir in currants, oregano, and lemon juice. Season with salt.
- ☐ Serve sprinkled with additional Maras and Urfa pepper.
- ☐ Stew improves in flavor if made at least 1 day ahead and keeps up to 3 days.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:4.09, Inflammation Score:-9, Nutrition Score:19.6056521509%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 324.16kcal (16.21%), Fat: 9.96g (15.33%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 31.98g (11.63%), Sugar: 8.72g (9.69%), Cholesterol: 45.72mg (15.24%), Sodium: 282.91mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Manganese: 0.86mg (43.01%), Vitamin B3: 8.41mg (42.06%), Vitamin B12: 2.11µg (35.23%), Phosphorus: 314.62mg (31.46%), Vitamin B6: 0.62mg (31.07%), Potassium: 981.54mg (28.04%), Zinc: 4.02mg (26.82%), Selenium: 18.74µg (26.77%), Iron: 4.24mg (23.57%), Fiber: 5.64g (22.55%), Copper: 0.45mg (22.4%), Vitamin B2: 0.29mg (17.12%), Magnesium: 67.04mg (16.76%), Vitamin C: 12.28mg (14.88%), Vitamin K: 14.71µg (14.01%), Folate: 55.86µg (13.97%), Vitamin B1: 0.2mg (13.64%), Vitamin B5: 0.99mg (9.93%), Calcium: 96.48mg (9.65%), Vitamin E: 1mg (6.64%), Vitamin A: 67.26IU (1.35%)