



Lamb Tagine

 Gluten Free  Dairy Free

READY IN



98 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricots dried quartered
- 6 garlic cloves coarsely chopped
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 2 tablespoons honey
- 0.5 teaspoon kosher salt divided
- 1 pound leg of lamb roast boneless trimmed cut into 1/2-inch cubes

- 14 ounce lower-sodium beef broth fat-free canned
- 1.5 cups onion chopped
- 1 tablespoon tomato paste

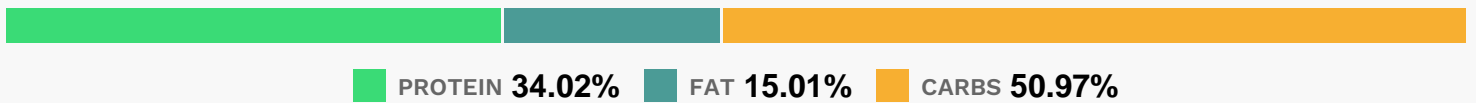
Equipment

- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Sprinkle lamb evenly with 1/4 teaspoon salt.
- Add lamb to pan; saut 4 minutes, turning to brown on all sides.
- Remove from pan.
- Add onion; saut for 4 minutes, stirring frequently.
- Add remaining 1/4 teaspoon salt, cumin, and next 3 ingredients (through garlic); saut for 1 minute, stirring constantly. Stir in honey and tomato paste; cook 30 seconds, stirring frequently. Return lamb to pan.
- Add apricots and broth; bring to a boil. Cover, reduce heat, and simmer 1 hour or until lamb is tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:57.42, Glycemic Load:9.47, Inflammation Score:-7, Nutrition Score:12.741739096849%

Flavonoids

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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg

Nutrients (% of daily need)

Calories: 206kcal (10.3%), Fat: 3.56g (5.48%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 24.5g (8.91%), Sugar: 20.42g (22.69%), Cholesterol: 45.72mg (15.24%), Sodium: 554.63mg (24.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.18g (36.35%), Vitamin B12: 1.93µg (32.15%), Selenium: 18.44µg (26.34%), Vitamin B3: 5.16mg (25.78%), Potassium: 760.19mg (21.72%), Zinc: 3.04mg (20.3%), Phosphorus: 180.83mg (18.08%), Vitamin A: 759.37IU (15.19%), Manganese: 0.29mg (14.73%), Vitamin B6: 0.29mg (14.62%), Iron: 2.47mg (13.74%), Vitamin B2: 0.23mg (13.29%), Fiber: 2.74g (10.96%), Copper: 0.21mg (10.37%), Vitamin B1: 0.15mg (9.7%), Magnesium: 35.87mg (8.97%), Vitamin C: 7.17mg (8.7%), Folate: 30.61µg (7.65%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.71mg (7.13%), Calcium: 44.95mg (4.49%), Vitamin K: 1.58µg (1.51%)