



Lamb Tagine

 Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cinnamon sticks whole
- 9 cloves whole
- 10 cloves garlic
- 2 bottles pale ale good
- 4 pound leg of lamb bone-in
- 2 small onions
- 10 servings bell pepper
- 0.5 pound prune- cut to pieces pitted

- 6 sprigs rosemary
- 10 servings salt
- 1 pound sweet potatoes peeled cut into 1 1/2-inch cubes
- 0.3 cup vegetable oil

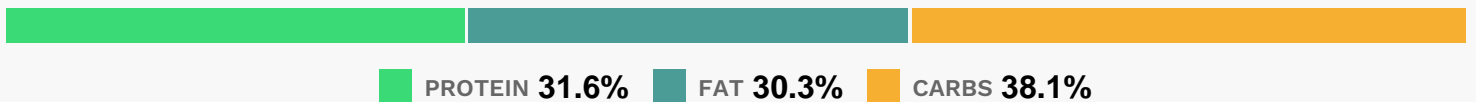
Equipment

- oven
- dutch oven
- tajine pot

Directions

- Preheat oven to 325 degrees F.
- Season the lamb with salt and pepper.
- Heat oil in a tagine or Dutch oven over high heat. Brown lamb on all sides.
- Add remaining ingredients. Cover and cook in the oven for 3 hours. Turning once half way through cooking.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:9.77, Inflammation Score:-10, Nutrition Score:29.186086882716%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 319.88kcal (15.99%), Fat: 11.01g (16.93%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 25.84g (9.4%), Sugar: 14.31g (15.9%), Cholesterol: 73.16mg (24.39%), Sodium: 294.72mg (12.81%), Alcohol: 0.01g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.67%), Vitamin A: 8949.62IU (178.99%), Vitamin C: 98.62mg (119.54%), Vitamin B12: 3.09µg (51.44%), Vitamin B3: 8.58mg (42.9%), Selenium: 27.81µg (39.73%), Zinc: 4.89mg (32.6%), Vitamin B6: 0.61mg (30.47%), Manganese: 0.6mg (29.8%), Phosphorus: 286.3mg (28.63%), Vitamin K: 28.56µg (27.2%), Vitamin B2: 0.43mg (25.12%), Potassium: 844.4mg (24.13%), Fiber: 5.29g (21.18%), Folate: 69.49µg (17.37%), Vitamin B1: 0.26mg (17.36%), Iron: 3.07mg (17.05%), Magnesium: 63.63mg (15.91%), Vitamin B5: 1.56mg (15.56%), Copper: 0.31mg (15.34%), Vitamin E: 2.13mg (14.18%), Calcium: 53.13mg (5.31%)