



Lamb Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups couscous hot cooked
- ☐ 1 cup prune- cut to pieces dried pitted
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 2 pounds leg of lamb boneless trimmed cut into 1 1/2-inch cubes
- ☐ 0.5 cup beef broth fat-free

- ☐ 1 navel oranges
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 2 cups onion white chopped

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Grate rind and squeeze juice from orange to measure 2 teaspoons and 1/4 cup, respectively.
- ☐ Add flour to orange juice, stirring with a whisk until smooth; stir in rind.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb; saut 7 minutes or until browned. Stir in broth, scraping pan to loosen brown bits. Stir in orange juice mixture. Stir onion and next 5 ingredients (through red pepper) into lamb mixture.
- ☐ Pour mixture into a 3-quart electric slow cooker. Cover and cook on LOW for 6 hours or until lamb is tender.
- ☐ Stir dried plums and honey into lamb mixture. Cover and cook on LOW for 1 hour or until thoroughly heated.
- ☐ Serve lamb mixture over couscous; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:21.44, Inflammation Score:-7, Nutrition Score:19.936086675395%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 6.44g (9.91%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 48.31g (17.57%), Sugar: 21.31g (23.68%), Cholesterol: 60.96mg (20.32%), Sodium: 297.51mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Selenium: 45.42µg (64.89%), Vitamin B12: 2.57µg (42.86%), Vitamin B3: 7.72mg (38.6%), Zinc: 4.26mg (28.41%), Phosphorus: 263.28mg (26.33%), Vitamin B2: 0.39mg (23.23%), Vitamin C: 18.12mg (21.96%), Potassium: 730.4mg (20.87%), Manganese: 0.42mg (20.86%), Fiber: 5.18g (20.73%), Vitamin B1: 0.27mg (17.82%), Vitamin B6: 0.36mg (17.8%), Vitamin K: 17.73µg (16.89%), Iron: 3.01mg (16.71%), Magnesium: 63.29mg (15.82%), Copper: 0.31mg (15.45%), Folate: 59.3µg (14.82%), Vitamin B5: 1.26mg (12.57%), Vitamin E: 1.38mg (9.19%), Vitamin A: 325.02IU (6.5%), Calcium: 62.15mg (6.22%)