



 **64%**  
HEALTH SCORE

## Lamb Tagine Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**947 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black
- 4 carrots sliced
- 0.5 teaspoon cinnamon
- 0.5 pound peas green
- 4 juice of lemon
- 2 pounds lamb loins cubed
- 4 cups chicken stock see (or chicken stock)
- 1 cup mushrooms

- 1 cup mushrooms
- 4 tablespoons olive oil
- 1 small onion chopped
- 0.5 teaspoon oregano
- 3 teaspoons parsley chopped
- 4 servings salt

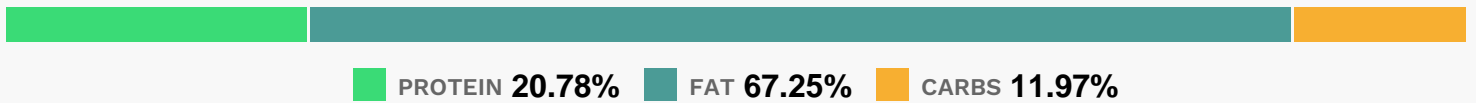
## Equipment

- bowl
- wok

## Directions

- Saute lamb chops in 2 teaspoons of olive oil.
- Place 2 teaspoons of olive oil in a wok and add onions, carrots, salt and pepper, oregano and stock.
- Add lamb, mushrooms and peas. In a separate bowl, mix parsley, lemon juice and cinnamon.
- Add this mixture to the wok.
- Serve with couscous.

## Nutrition Facts



## Properties

Glycemic Index:64.04, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:41.924347826087%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.26mg, Kaempferol:

0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

## **Nutrients (% of daily need)**

Calories: 946.76kcal (47.34%), Fat: 70.62g (108.65%), Saturated Fat: 25.92g (162.03%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 22.18g (8.06%), Sugar: 12.36g (13.74%), Cholesterol: 172.76mg (57.59%), Sodium: 719.58mg (31.29%), Protein: 49.09g (98.17%), Vitamin A: 10646.43IU (212.93%), Vitamin B3: 20.89mg (104.46%), Vitamin B12: 5.26µg (87.64%), Selenium: 53.61µg (76.59%), Zinc: 9.23mg (61.53%), Vitamin B2: 0.99mg (58.51%), Phosphorus: 553.18mg (55.32%), Vitamin C: 40.79mg (49.44%), Vitamin K: 42.53µg (40.5%), Vitamin B1: 0.58mg (38.63%), Potassium: 1306.27mg (37.32%), Vitamin B6: 0.71mg (35.49%), Copper: 0.66mg (32.81%), Iron: 5.56mg (30.88%), Folate: 119.52µg (29.88%), Manganese: 0.5mg (25.01%), Vitamin B5: 2.49mg (24.86%), Fiber: 6.11g (24.45%), Magnesium: 92.42mg (23.11%), Vitamin E: 3.13mg (20.84%), Calcium: 93.03mg (9.3%), Vitamin D: 0.32µg (2.15%)