



HEALTH SCORE

59%

Lamb Tagine with Chickpeas and Apricots



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomatoes diced with juices canned
- ☐ 1 large cinnamon sticks
- ☐ 8 servings couscous steamed
- ☐ 0.5 cup apricot dried halved
- ☐ 0.8 cup chickpeas dried
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger peeled chopped
- ☐ 8 servings pepper black freshly ground

- ☐ 3 pounds lamb shoulder
- ☐ 2.5 cups chicken stock see ()
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion diced
- ☐ 5 garlic clove whole chopped (2 , 3)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

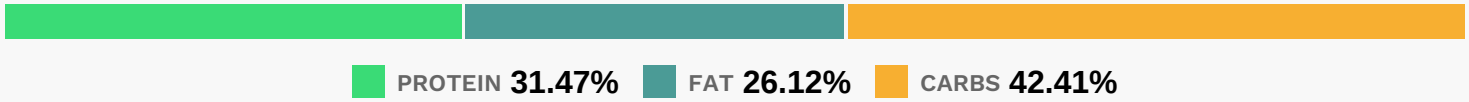
Directions

- ☐ Place chickpeas in a medium saucepan.
- ☐ Add water to cover by 2".
- ☐ Let soak overnight.
- ☐ Drain chickpeas; return to same saucepan.
- ☐ Add 2 whole garlic cloves and cinnamon stick.
- ☐ Add water to cover by 2". Bring to a boil, then reduce heat to medium and simmer until chickpeas are tender, about 45 minutes.
- ☐ Drain; set aside.
- ☐ Meanwhile, heat oil in a large heavy pot over medium-high heat. Season lamb with salt and pepper. Working in batches, brown lamb on all sides, about 4 minutes per batch.
- ☐ Transfer lamb to a medium bowl.
- ☐ Add onion to pot; reduce heat to medium, season with salt and pepper, and sauté until soft and beginning to turn golden, about 5 minutes.
- ☐ Add chopped garlic, Ras-el-Hanout, and ginger. Stir for 1 minute.
- ☐ Add tomatoes and lamb with any accumulated juices. Bring to a boil.
- ☐ Add 2 1/2 cups stock. Return to a boil, reduce heat to low, partially cover, and simmer, stirring occasionally, until lamb is tender, about 1 hour 30 minutes.

- ☐
- Stir in chickpeas; simmer until heatedthrough, about 10 minutes. Stir in apricots;simmer until heated through, about 5minutes. Season with salt and pepper.

☐☐

Nutrition Facts



Properties

Glycemic Index:32.49, Glycemic Load:14.9, Inflammation Score:-7, Nutrition Score:23.15826086376%

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: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 392.59kcal (19.63%), Fat: 11.35g (17.47%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 35.59g (12.94%), Sugar: 9.16g (10.18%), Cholesterol: 70.83mg (23.61%), Sodium: 234.69mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.57%), Selenium: 49.69µg (70.99%), Vitamin B12: 2.86µg (47.69%), Vitamin B3: 9.15mg (45.74%), Folate: 152.71µg (38.18%), Zinc: 5.54mg (36.93%), Manganese: 0.69mg (34.71%), Phosphorus: 326.02mg (32.6%), Vitamin B2: 0.4mg (23.62%), Fiber: 5.89g (23.56%), Iron: 4.14mg (23.01%), Potassium: 788.84mg (22.54%), Vitamin B6: 0.44mg (22%), Vitamin B1: 0.32mg (21.42%), Copper: 0.42mg (21.12%), Magnesium: 66.71mg (16.68%), Vitamin B5: 1.48mg (14.77%), Vitamin E: 1.6mg (10.63%), Vitamin C: 5.83mg (7.07%), Vitamin A: 351.87IU (7.04%), Calcium: 67.62mg (6.76%), Vitamin K: 5.86µg (5.58%)