



Lamb Tagine with Prunes and Cinnamon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup blanched almonds and whole
- ☐ 3 sticks cinnamon (3-inch)
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 2.5 lb lamb shoulder boneless cut into 1 1/2-inch pieces
- ☐ 3 tablespoons olive oil divided
- ☐ 2 cups prune- cut to pieces

- ☐ 1 medium onion red halved thinly sliced
- ☐ 1 pinch saffron threads
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon turmeric
- ☐ 2.5 cups water
- ☐ 1 tablespoon wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ tajine pot

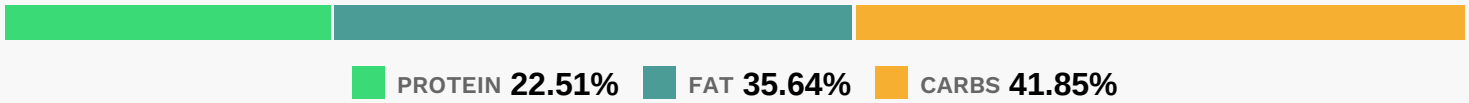
Directions

- ☐ Toss together lamb, onion, 3 tablespoons oil, spices (except saffron), 1 teaspoon salt, and 1/2 teaspoon pepper in a 5- to 6-quart heavy pot.
- ☐ Lightly toast saffron in a dry small skillet (not nonstick) over medium heat until just fragrant, 15 to 30 seconds. Crumble into wine and let stand 1 minute.
- ☐ Add wine to pot, then add enough water to just cover lamb. Gently simmer, partially covered, stirring occasionally, 1 1/2 hours.
- ☐ Stir in prunes and honey and simmer until meat is tender and sauce has thickened, 15 to 20 minutes. Season with salt.
- ☐ Toast sesame seeds in dry small skillet over medium heat, stirring, until pale golden, then transfer to a small bowl.
- ☐ Heat remaining 1/4 cup oil in same skillet over medium-high heat until it shimmers, then fry almonds until golden.
- ☐ Drain on paper towels.
- ☐ Serve tagine sprinkled with sesame seeds and almonds.

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Tagine can be cooked 1 day ahead and chilled (covered once cool). Reheat gently, thinning with water if needed.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:14.55, Inflammation Score:-10, Nutrition Score:23.780869639438%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 476.12kcal (23.81%), Fat: 19.64g (30.21%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 45.03g (16.37%), Sugar: 32.07g (35.64%), Cholesterol: 76.2mg (25.4%), Sodium: 92.23mg (4.01%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 27.91g (55.81%), Vitamin B12: 3.18µg (52.99%), Manganese: 0.96mg (48.21%), Vitamin B3: 8.77mg (43.87%), Selenium: 28.44µg (40.63%), Zinc: 5.74mg (38.27%), Vitamin K: 39.5µg (37.62%), Phosphorus: 328.97mg (32.9%), Vitamin B2: 0.47mg (27.68%), Fiber: 6.86g (27.45%), Vitamin E: 4.06mg (27.06%), Potassium: 897.18mg (25.63%), Copper: 0.5mg (25%), Magnesium: 92.05mg (23.01%), Iron: 3.65mg (20.3%), Vitamin B6: 0.36mg (17.86%), Vitamin B1: 0.21mg (14.17%), Vitamin B5: 1.18mg (11.75%), Calcium: 106.78mg (10.68%), Folate: 41.32µg (10.33%), Vitamin A: 460.49IU (9.21%), Vitamin C: 1.93mg (2.34%)