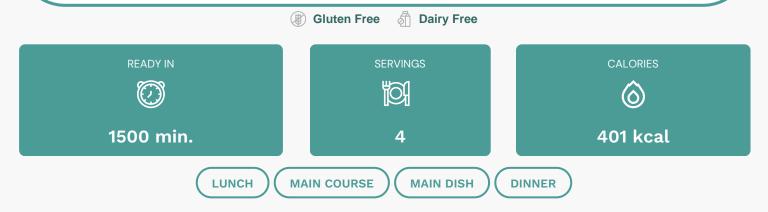


# Lamb Tagine with Prunes, Apricots, and Vegetables



### Ingredients

O.5 teaspoon pepper black
O.1 teaspoon cinnamon
O.5 cup apricot dried (preferably Turkish)
O.8 teaspoon ground ginger
2 teaspoons honey
2 lb lamb shoulder 1-inch-thick ()
4 servings nutmeg freshly grated

	1 large onion chopped	
	0.7 cup prune- cut to pieces pitted	
	1 pinch saffron threads crumbled	
	0.8 teaspoon salt	
	1 small sweet potatoes and into peeled cut into 3/4-inch pieces	
	1 tablespoon vegetable oil	
	1.5 cups water	
	1 medium to 3 sized squashes yellow cut into 3/4-inch pieces	
Equipment		
	pot	
	tajine pot	
Di	rections	
	Cut lamb from bones, reserving bones, then cut meat into 1-inch pieces.	
	Heat 1/2 tablespoon oil in a flameproof wide shallow casserole with a tight-fitting lid over moderately high heat until hot but not smoking. Brown meat on all sides in 2 batches, transferring to a plate as browned. Brown bones and transfer to plate.	
	Add remaining 1/2 tablespoon oil to tagine and cook onion, stirring, until softened. Return meat and bones to pot.	
	Stir in water, saffron, salt, and pepper and bring to a boil. Reduce heat and simmer mixture covered, stirring occasionally, until lamb is tender, about 11/4 hours.	
	Transfer lamb to a clean plate and add any meat from lamb bones, discarding bones.	
	Add carrots and sweet potato to pot, then simmer, covered, stirring occasionally, until vegetables are barely tender, about 10 minutes.	
	Add ginger, cinnamon, prunes, apricots, and squash, then simmer, covered, stirring occasionally, until vegetables and fruits are tender, about 5 minutes.	
	Return lamb to stew and add honey. Season with salt, pepper, and nutmeg and simmer, uncovered, stirring occasionally, 5 minutes.	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:102.17, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:28.300434838171%

#### **Flavonoids**

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Apigenin: 0.02mg, Apig

#### Nutrients (% of daily need)

Calories: 401.12kcal (20.06%), Fat: 11.91g (18.33%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 38.73g (14.08%), Sugar: 27.21g (30.23%), Cholesterol: 91.44mg (30.48%), Sodium: 562.22mg (24.44%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 31.44g (62.88%), Vitamin A: 5524.75IU (110.5%), Vitamin B12: 3.81µg (63.58%), Vitamin B3: 10.07mg (50.35%), Selenium: 33.64µg (48.05%), Zinc: 6.5mg (43.34%), Phosphorus: 347.38mg (34.74%), Potassium: 1119.51mg (31.99%), Manganese: 0.59mg (29.72%), Vitamin B2: 0.5mg (29.27%), Vitamin B6: 0.52mg (26.19%), Vitamin K: 26.44µg (25.18%), Fiber: 5.94g (23.75%), Copper: 0.43mg (21.59%), Iron: 3.81mg (21.16%), Magnesium: 78.73mg (19.68%), Vitamin B1: 0.26mg (17.47%), Vitamin B5: 1.62mg (16.23%), Folate: 63.66µg (15.92%), Vitamin C: 12.31mg (14.93%), Vitamin E: 1.57mg (10.5%), Calcium: 72.72mg (7.27%)